



Pulled Buffalo Chicken Bowl

with Quinoa, Corn, Avocado and Feta

20-MIN



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Pulled Chicken



Quinoa



Hot Sauce



Chicken Broth Concentrate



Avocado



Grape Tomatoes



Feta Cheese



Corn Kernels

HELLO HOT SAUCE

Zip up any meal with a smokey, spicy hit of hot sauce!

START HERE

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Pulled Chicken	300 g	600 g
Quinoa	¾ cup	1 ½ cup
Hot Sauce 🌶️	3 tsp	6 tsp
Chicken Broth Concentrate	1	2
Avocado	1	2
Grape Tomatoes	113 g	227 g
Feta Cheese	¼ cup	½ cup
Corn Kernels	56 g	113 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. COOK QUINOA

Add **1 ¼ cups water** (dbl for 4 ppl), **quinoa** and **broth concentrate(s)** to a medium pot. Cover and bring to a boil over high heat. Reduce heat to medium-low. Cover and cook, until **quinoa** is tender and **liquid** is absorbed, 15-18 min.



4. COOK CHICKEN

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil**, then **chicken**. Cook, stirring occasionally, until heated through, 3-4 min.** Season with **salt** and **pepper**. (**NOTE:** Don't overcrowd the pan. Cook chicken in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Transfer to the large bowl with the **Buffalo sauce**. Stir to combine.



2. PREP

While the **quinoa** cooks, halve the **tomatoes**. Peel, then cut the **avocado** into ½-inch slices.



5. FINISH AND SERVE

Stir the **corn** into the **quinoa** to warm through, 1 min. Season with **salt** and **pepper**. Divide the **quinoa** between bowls. Top with the **tomatoes**, **avocado slices** and **pulled Buffalo chicken**. Sprinkle over the **feta cheese**.



3. MAKE BUFFALO SAUCE

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl). Swirl to melt, 1 min. Transfer to a large bowl. Whisk the **hot sauce** into the **butter**. Set side.

Dinner Solved!