



# Sweet and Smoky Chipotle Chicken

with Charred Veggies and Buttery Rice

Family Friendly

Spicy

25-35 Minutes



Chicken Breasts



Basmati Rice



Corn Kernels



Carrot



Red Onion



Chipotle Sauce



Honey



Mexican Seasoning

HELLO CHIPOTLE SAUCE

*An effortless way to add sweet, smoky heat to any dish!*

## Start here

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## Bust out

Baking sheet, vegetable peeler, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Basmati Rice	¾ cup	1 ½ cups
Corn Kernels	113 g	227 g
Carrot	170 g	340 g
Red Onion	113 g	226 g
Chipotle Sauce 🌶️	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Mexican Seasoning	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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## Prep

- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel and cut **half the onion** into ¼-inch pieces. Cut **remaining onion** into ¼-inch slices.
- Line a baking sheet with parchment paper.

2



## Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter, diced onions** and **rice**. Cook, stirring often, until **rice** is fragrant, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

3



## Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While pan heats, pat **chicken** dry with paper towels.
- Season with **salt, pepper** and **half the Mexican Seasoning**.
- When pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden, 1-2 min per side.
- Transfer **chicken** to prepared baking sheet. Spread **honey** over **chicken breasts**.
- Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min. \*\*

4



## Cook veggies

- Heat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter, 2 tbsp** (4 tbsp) **water, carrots, corn** and **remaining onions**. Season with **salt** and **pepper**. Cook, stirring frequently, until **veggies** are tender-crisp and **corn** is lightly charred, 4-5 min.
- Add **remaining Mexican Seasoning**. Stir to combine.

5



## Finish and serve

- Fluff **rice** with fork. Season with **salt** and **pepper**, then stir in **any chicken juices** from the baking sheet.
- Thinly slice **chicken breasts**.
- Divide **rice, chicken** and **veggies** between plates.
- Drizzle **chipotle sauce** over top of **chicken**.

## Dinner Solved!