



Tropical Pulled Chicken Bowl

on Green Onion Rice with Mango-Poblano Salsa

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



Long Grain Rice



Mango, chopped



Green Onions



Poblano Pepper, chopped



BBQ Sauce



Lime

HELLO POBLANO PEPPER

A heart-shaped green chili pepper with mild heat

START HERE

- Before starting, preheat your broiler to high.
- Add 1 ¼ cups warm water (dbl for 4ppl) to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust Out

Medium Bowl, Measuring Spoons, Zester, Medium Pot, Measuring Cups, 8x8-Inch Baking Dish

Ingredients

	2 Person	4 Person
Pulled Chicken	300 g	600 g
Long Grain Rice	¾ cup	1 ½ cup
Mango, chopped	170 g	340 g
Green Onions	2	4
Poblano Pepper, chopped	56 g	113 g
BBQ Sauce	½ cup	1 cup
Lime	1	1
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 RICE

Add **rice** to medium pot of **boiling water**. Once boiling, reduce heat to medium-low. Cook covered, until **rice** is tender and **water** has absorbed, 15-18 min.



2. WARM CHICKEN

Add **chicken** and **bbq sauce** to an 8x8-inch baking dish (**NOTE:** Use same for 4ppl). Toss together. Season with **salt** and **pepper**. Broil in the **middle** of the oven, until warmed through, 8-10 min.**



3. PREP

While **rice** and **chicken** cook, cut **mango** into ¼-inch pieces. Thinly slice **green onions**. Zest, then juice **half the lime** (1 lime for 4ppl). Cut any **remaining lime** into wedges.



4. MAKE SALSA

Stir together **mango**, **poblano pepper**, **half the green onions**, **lime juice** and **1 tbsp oil** (dbl for 4ppl) in a medium bowl. Season with **salt** and **pepper**.



5. FINISH RICE

Fluff **rice** with a fork. Stir in **lime zest** and **remaining green onions**. Season with **salt**.



6. FINISH & SERVE

Divide **rice** between bowls. Top with **chicken** and **mango-poblano salsa**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!