



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Mexican Spiced Chicken and Rice with Deconstructed Guacamole

This simple chicken and rice dish is flavoured with bold spices like cumin seeds and our fantastic Mexican Fajita spice blend. Toasting the rice in a bit of the chicken fat adds big taste too. The dish is finished with our take on deconstructed guacamole - all the flavours of guacamole with no mashing required!

40 mins

2.5 of your 5 a day

spicy

family box

mealkit

eat within 3 days



Onion (1)



Chicken Breasts (4)



Cumin Seeds (1 tbsp)



Mexican Fajita Spice Blend (1½ tsp)



Basmati Rice (300g)



Water (600ml)



Plum Tomatoes (1 punnet)



Coriander (1 bunch)



Lime (1)



Avocado (1)




Sour Cream (1 pot)

4 PEOPLE INGREDIENTS

- Onion, chopped
- Chicken Breasts
- Cumin Seeds
- Mexican Fajita Spice Blend
- Basmati Rice
- Basmati Rice
- Water

- 1 Plum Tomatoes, halved
- 4 Coriander, chopped
- 1 tbsp Lime
- 1½ tsp Avocado, sliced
- 300g Sour Cream
- 600ml

- 1 punnet
- 1 bunch
- 1
- 1
- 1 pot

 Our fruit and veggies may need a little wash before cooking!

Did you know...
Coriander is also known as cilantro.

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Perserving	702 kcal / 2963 kJ	33 g	11 g	58 g	9 g	39 g	1 g
Per 100g	117 kcal / 492 kJ	5 g	1 g	9 g	1 g	6 g	0 g

2



1 Preheat your oven to 200 degrees. Cut the **onion** in half through the root. Peel and then chop into small cubes.

2 Heat a drizzle of **oil** in a wide bottomed saucepan over medium-high heat. Season the **chicken** on both sides with **salt** and **black pepper**. Add your **chicken** to the pan, skin-side down and cook for 4-5 mins, until the skin is golden and crispy. Transfer to a baking tray skin-side up and roast on the top shelf of your oven for 18-20 mins. Don't wash your pan we will use it for the rice. **Tip:** *The chicken is cooked when it is no longer pink in the middle.* Once it's cooked, pop it on a chopping board to rest for 5 mins.

3



3 Add another drizzle of **oil** to the pan (if necessary) and lower the heat to medium. Add your **onion**, **cumin seeds**, and two-thirds of the **Mexican Fajita spice blend** (use less if you don't like spice). Cook for 3-4 mins or until your **onion** is soft.

4 Add the **rice** to the pan and stir to coat in the fragrant **oil** for 1 minute. Season with **salt** and **black pepper**. Pour in the **water** (amount specified in the ingredient list) and bring to the boil. Cover with a lid, reduce the heat to medium-low and cook for 10 mins. After 10 mins, remove from the heat and leave the rice to cook in its own steam for another 10 mins.

5



5 Halve the **plum tomatoes**. Pick the **coriander** leaves off their stalks and finely chop your **stalks**. Keep your **coriander leaves** whole. Zest and squeeze the **lime**. Cut the **avocado** in half, remove the stone by stabbing with a knife and twisting. Scoop out the flesh with a large spoon and slice thinly.

6 Next, make the **zesty sour cream**. Stir together the **sour cream**, a pinch of **lime zest**, a dash of **lime juice**, a splash of **water**, and a pinch of **Mexican Fajita spice** in a small bowl (use less if you don't like spice). Taste and add more **Mexican Fajita spice**, **salt**, **black pepper** and **lime** (zest or juice) until you're happy with the flavour.

6



7 Fluff up your **rice** with a fork and stir in any leftover **lime juice**, **lime zest**, the **coriander stalks** and any **chicken juices** from the baking tray. Add more **salt** and **black pepper** if required.

8 Place your **chicken** on top of your **rice** in the pan. Arrange the **tomatoes** and **avocado slices** on top. Drizzle with as much **zesty sour cream** as you like and sprinkle with **coriander leaves**. Serve straight out of the pan. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!