

### **MEXICAN-STYLE CHICKEN**

with Coconutty Rice and Tomato Salsa





### **HELLO COCONUT**

Spanish explorers thought the holes in a coconut shell resembled a goblin's face, which is what 'coco' means!



Chicken Thighs



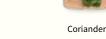
Natural Yoghurt





**Mexican Spice** 









**Desiccated Coconut** 



Basmati Rice



Chicken Stock Powder



Vine Tomato

40 mins



3 of your 5 a day



Fresh, colourful and bursting with flavour, our Mexican style chicken recipe is about to become a weeknight favourite. Toasted desiccated coconut adds a beautiful nuttiness to the rice, whilst the Mexican-style yoghurt marinade makes the chicken super succulent and flavourful. A top tip from our chefs is to marinate your chicken for a couple of hours before cooking (for maximum flavour, marinate overnight in the fridge).

## START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Mixing Bowl, some Foil, a Baking Tray, Peeler, Coarse Grater, Fine Grater, Large Frying Pan (with a Lid) and Measuring Jug. Now, let's get cooking!



# Pop the **chicken thighs** into a mixing bowl with the **yoghurt**, **Mexican spice** and a pinch of **salt**. Stir well, then lay out flat in a single layer on a foil lined baking tray (smear any remaining marinade on top of the **chicken**). Keep to one side, we will grill them later.



PREP THE VEGGIES

Halve, then remove the core from the pepper and cut into thin slices. Peel the carrot and remove the top and bottom, then grate on a coarse grater. Roughly chop the coriander (stalks and all). Zest the lime, then cut it in half. Heat a large frying pan on medium heat and add the desiccated coconut. Stir and toast until golden, 2-3 mins, then remove the coconut from the pan.



Put your frying pan back over medium heat and add a drizzle of oil. Cook the pepper until softened, 5 mins, then add the rice. Pour in the water (see ingredients for amount) and the stock powder. Stir to dissolve, then cover with a lid (or foil). Lower the heat and cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. TIP: The rice will finish cooking in its own steam.



MAKE THE SALSA
Preheat your grill to high. Chop the
tomato into 1cm chunks and pop into a bowl.
Add the lime zest and half the lime juice,
season with a pinch of salt. Add half the
coriander and the olive oil (see ingredients for
amount). Taste and add more lime juice if you
think it needs it - salsa done!



GRILL THE CHICKEN

Grill the chicken thighs for 14-16 mins, turning halfway through cooking to make sure they cook evenly - you want the chicken to scorch slightly for extra flavour!

IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



FINISH AND SERVE
When the rice is ready fluff it up with a fork, then stir through the carrot, desiccated coconut and the remaining coriander.
Squeeze in a little lime juice. Serve the coconutty rice in bowls. Slice the chicken thighs into 2cm wide strips and pop on top of the rice (add any juices from your chicken tray as well). Top with the tomato salsa. Enjoy!

## INGREDIENTS

In order of use

	2P	3P	4P
Chicken Thighs *	4	6	8
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch
Mexican Spice	1 small pot	¾ large pot	1 large pot
Red Pepper *	1	1	2
Carrot *	1	2	2
Coriander *	1 small bunch	1 small bunch	1 small bunch
Lime *	1	1	1
Desiccated Coconut	25g	25g	50g
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Vine Tomato	2	3	4
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included 
\* Store in the Fridge

PER SERVING 578G	PER 100G
3360 /803	582 /139
28	5
12	2
76	13
15	3
60	10
1.49	0.26
	578G 3360 /803 28 12 76 15

Nutrition for uncooked ingredients based on 2 person recipe.

### **ALLERGENS**

7) Mill

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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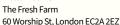
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