



# 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



Red Pepper



Carrot



Coriander



Lime



Desiccated Coconut



Basmati Rice



Chicken Stock Powder



Vine Tomato

MEAL BAG

40 mins

3 of your 5 a day

Medium heat

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).



# BEFORE YOU 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!



## 1 MARINATE THE CHICKEN

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.



## 2 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.



## 3 COOK THE RICE

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..



## 4 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!



## 5 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.



## 6 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!**

# 2 - 4 PEOPLE 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

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 578G	PER 100G
Energy (kJ/kcal)	3360 / 803	582 / 139
Fat (g)	28	5
Sat. Fat (g)	12	2
Carbohydrate (g)	76	13
Sugars (g)	15	3
Protein (g)	60	10
Salt (g)	1.49	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

7) Milk

🧼 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?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

📷 📺 📱 #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

🌱 HelloFRESH