

# Mexican Coriander Chicken Bowl

## with Brown Rice

hellóchef

Did you know, brown and white rice are the same grain? White rice has simply had its bran layer and cereal germ removed.

Cals 676 • Prot 59 • Carbs 95 • Fat 11

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🕒 cook: 35 min

R3031



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Garlic cloves	3	5	6	Piece
Spring onion	40	60	80	Grams
Large red chilli	1	1	2	Piece
Fresh coriander	30	45	60	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Coriander seeds	2	2	4	Grams
Chipotle powder	2	2	4	Grams
Cherry tomatoes	250	300	500	Grams
Olive oil	1	2	2	Tbsp
Sides				
Brown sugar	5	5	5	Grams
Salt	0.5	1	1	Tsp
Red vinegar	30	30	30	ML
Shallots	1	2	2	Piece
Brown rice	150	225	300	Grams
Sour cream 4*	60	90	120	Grams

Allergens

\*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2830 / 676
Fat (g)	10.7
of which saturates (g)	5.2
Carbohydrate (g)	95
of which sugars (g)	12.7
Fiber (g)	7
Protein (g)	58.6
Salt (g)	3.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel the **garlic**. Trim and roughly chop the **spring onion**, **chilli (spicy!)** and **coriander** (stalks included). Reserve some **coriander** leaves for garnish.



2 Blitz

Place the **stock cube**, **coriander seeds**, **chipotle (spicy!)**, **garlic**, **chilli (spicy!)**, **fresh coriander**, **spring onion**, whole **cherry tomatoes** and a drizzle of **olive oil** in a food processor. Blitz for 1-2 min until smooth.  
**Tip!** Can't handle the heat? Go easy on the chilli and chipotle!



3 Simmer

Add the blitzed paste to a pot and submerge the **chicken breasts** in it. Bring to a simmer over a medium-high heat. Once simmering, cover with a lid, reduce the heat to low and simmer for 25 min.  
**Tip!** Simmer the chicken on a very low heat for up to 60 minutes! This will make it even easier to pull.



4 Pickle shallot

Meanwhile, in a small bowl, mix the **sugar** and **salt** with the **vinegar** until the **sugar** has dissolved. Peel and finely slice the **shallots**. Submerge the **shallots** in the **vinegar** and set aside to pickle.



5 Boil rice

Bring a large pan of salted water to a boil over a medium-high heat. Once boiling, add the **brown rice** and cook for 15-20 min or until tender. Drain once tender.



6 Pull chicken

After 30 min, remove the **chicken** pot from the heat and, using two forks, pull the **chicken** until it's fully shredded. Drain the **shallots**. Divide the **rice**, **chicken** and **sour cream** among bowls. Garnish with the pickled **shallots**.