

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 Serve

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**.