



More Than Food

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Mexican Black Bean and Chicken Stew with Rice and Sour Cream

According to research black beans contain as many antioxidants as blueberries and brussel sprouts! Black beans also slow down the ageing process, as does red wine! So a delicious portion of black bean and chicken stew with a glass of red wine will get you looking ten years younger ;-)



35 mins



family box



spicy



gluten free



Red Onion (2)



Garlic Clove (2)



Red Pepper (2)



Vine Tomato (2)



Oregano
(5 sprigs)



Brown Rice
(2 cups)



Cumin
(½ tbsp)



Chicken Thigh (6)



Chipotle Paste (2 tsp)



Organic Black Beans
(2 tins)



Chicken Stock Pot
(1)




Coriander
(4 tbsp)



Sour Cream
(1 pot)

Ingredients

	2P	4P
Red Onion, sliced	-	2
Garlic Clove, chopped	-	2
Red Pepper, sliced	-	2
Vine Tomato, chopped	-	2
Oregano	-	5 sprigs
Brown Rice	-	2 cups
Cumin	-	½ tsp
Chicken Thigh	-	6
Chipotle Paste	-	2 tsp
Organic Black Beans	-	2 tins
Chicken Stock Pot	-	1
Coriander, chopped	-	4 tbsp
Sour Cream 1	-	1 pot

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk

Nutrition per serving: Calories: 745 kcal | Protein: 40 g | Carbs: 112 g | Fat: 16 g | Saturated Fat: 7 g



1 Peel the onions, cut in half through the root and then thinly slice widthways into half moons. Peel and chop your garlic. Remove the core from your peppers and slice into strips. Cut your tomatoes in half, then into quarters and then chop each quarter into four. Remove your leaves from your oregano sprigs and roughly chop them.



2 Bring a large pot of water to the boil with ½ tsp of salt. LH: Put your rice in a sieve (if you have one) and run water through it for at least 30 seconds. Once the water is boiling, add the rice to the pot and cook on a rapid boil for 25 mins. When the rice is cooked, drain, take off the heat, cover with a tea towel and leave until everything else is ready. Tip: If the rice dries out before it's cooked just add a bit more water! Tip: If the rice is ready before everything else, don't worry... it will wait!



3 Add 2 tbsp of olive oil to a frying pan on medium heat. Add the onion and garlic and cook for 3 mins. Add the cumin and cook for another 3 mins.



4 While your onion and garlic is

cooking, cut up your chicken into 3cm pieces and when the onion and garlic has softened (after 6 mins) add the chicken to the pan. Cook for about 4 mins making sure the outside of the chicken pieces are cooked. Tip: You don't have to completely cook your chicken at this stage.

5 Add the chipotle paste to the pan with the chicken along with the pepper, chopped tomato and chopped oregano leaves. Stir together and cook for about 3 mins until everything has softened a little.

6 Drain the black beans, put them in a sieve and run some cold water through them to rinse them. Add the beans to the chicken pan along with your stock pot and 350ml of water. Simmer on a low heat uncovered for 15 mins until it thickens up and the vegetables are soft. Tip: Stir occasionally to stop it sticking to the bottom of the pan.

7 Roughly chop your coriander and have a quick kitchen tidy while everything is cooking! When everything is ready serve the rice with the stew on top, a dollop of sour cream and a sprinkling of coriander.