



Smoky Chicken and Black Beans with Rice

Quick 20-25 Minutes • **Medium Spice** • 2 of your 5 a day

12



Basmati Rice



Onion



Diced British
Chicken Breast



Garlic Clove



Black Beans



Cajun Spice
Mix



Tomato Passata



Vegetable Stock
Paste



Smoky Base
Paste



King Prawns

Pantry Items

Oil, Salt, Pepper, Honey, Butter, Mayonnaise

Make it Pescatarian

If you chose to make this recipe pescatarian, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion	1	2	2
Diced British Chicken Breast**	240g	390g	520g
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
King Prawns* 5	225g	300g	450g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	115ml	150ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	591g	100g	573g	100g
Energy (kJ/kcal)	3375 / 807	571 / 137	2977 / 712	519 / 124
Fat (g)	24.0	4.1	22.3	3.9
Sat. Fat (g)	7.2	1.2	6.9	1.2
Carbohydrate (g)	98.1	16.6	98.0	17.1
Sugars (g)	17.7	3.0	17.6	3.1
Protein (g)	50.1	8.5	32.0	5.6
Salt (g)	3.41	0.58	4.74	0.83


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans **10**) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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Get Started

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Flavour

- Add the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) to the **chicken** and fry until fragrant, 1 min.
- Stir in the **beans**, **passata**, **veg stock paste** and **water for the sauce** (see pantry for amount) until well combined.
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.



Get Frying

- Meanwhile, halve, peel and chop the **onion** into small pieces. Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **onion** to the pan and season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then add to the pan with the **onion**. Fry, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Finish Up

- Once the **sauce** has thickened, stir in the **smoky base paste**, **honey** and **butter** (see pantry for both amounts).
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if the **sauce** is a little too thick.



Finish Prepping

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve.



Serve

- Share the **rice** between your serving bowls.
- Spoon over the **smoky chicken and beans**.
- Finish by drizzling over the **mayo** (see pantry for amount).

Enjoy!