



# Creamy Chipotle Chicken Soup

with Crispy Tortilla Chips and Kidney Beans

**Rapid** 20 Minutes • Mild Spice • 1 of your 5 a day

16



Echalion Shallot



Diced Chicken Thigh



Plain Taco Tortilla



Garlic Clove



Red Kidney Beans



Chipotle Paste



Chicken Stock Paste



Tomato Passata



Mature Cheddar Cheese



Soured Cream



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

## Cooking tools

Saucepan, baking tray, garlic press, bowl, potato masher and grater.

## Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Diced Chicken Thigh**	210g	350g	390g
Plain Taco Tortilla <b>13</b> )	4	6	8
Garlic Clove**	2	3	4
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Chicken Stock Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** <b>7</b> )	30g	40g	60g
Soured Cream** <b>7</b> )	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	492g	100g	517g	100g
Energy (kJ/kcal)	2833 / 677	576 / 138	2747 / 656	531 / 127
Fat (g)	27.4	5.6	19.6	3.8
Sat. Fat (g)	12.2	2.5	10.0	1.9
Carbohydrate (g)	58.4	11.9	58.2	11.3
Sugars (g)	13.3	2.7	13.3	2.6
Protein (g)	47.1	9.6	54.7	10.6
Salt (g)	4.14	0.84	4.13	0.8

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

## Allergens

**7) Milk 13)** Cereals containing gluten

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Cook the Chicken

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the shallot into small pieces.
- Heat a drizzle of oil in a large saucepan on medium-high heat.
- Once hot, add the **diced chicken** and **shallot**. Season with **salt** and **pepper**. Fry until the **chicken** is golden brown all over and the **shallot** is soft, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Cheese Please

- While the **soup** simmers, grate the **Cheddar**.



## Bake the Tortilla Chips

- Meanwhile, cut each **tortilla** (2 per person) into 8 triangles (use scissors if easier).
- Place on a large baking tray in a single layer (use two trays if needed) and drizzle with **oil**. Season with **salt** and **pepper**.
- When the oven is hot, bake on the top shelf until lightly golden brown and crisp, 5-7 mins. **TIP:** Keep an eye on them as they can brown quickly.



## Finish Up

- When the **soup** has finished cooking, remove from the heat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Add a splash of **water** to loosen if needed until it's your desired consistency.



## Start your Soup

- While the **tortilla chips** bake, peel and grate the **garlic** (or use a garlic press). Pop **half** the **kidney beans** and their **liquid** into a medium bowl, then mash with a potato masher.
- Add the **garlic** and **chipotle paste** to the **chicken** pan and stir-fry for 1 min.
- Stir in the **whole** and **mashed beans**, **chicken stock paste**, **passata**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Bring to the boil, then turn the heat down slightly and simmer for 5-7 mins.



## Garnish and Serve

- Share the **chipotle chicken soup** between your bowls.
- Drizzle with the **soured cream** and swirl it in if you'd like.
- Scatter the **cheese** over the top to finish.
- Serve with the **tortilla chips** alongside for dipping.

Enjoy!