



Mexican Style Chicken & Sweetcorn Stew

with Cheese and Garlic Ciabatta

Rapid Eat Me Early • 20 Minutes • Little Spice • 2 of your 5 a day

16



Diced Chicken Thigh



Echalion Shallot



Garlic Clove



Black Beans



Sweetcorn



Mexican Style Spice Mix



Tomato Passata



Chicken Stock Paste



Cheddar Cheese



Ciabatta



Baby Spinach



Diced Chicken Breast



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.

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan with Lid, Garlic Press, Colander, Bowl, Sieve, Grater, Baking Tray.

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	210g	420g	560g
Echalion Shallot	1	1	2
Garlic Clove	2	3	4
Black Beans**	1 carton	1½ cartons	2 cartons
Sweetcorn**	150g	150g	326g
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Tomato Passata**	1 carton	1½ cartons	2 cartons
Water*	200ml	300ml	400ml
Sugar*	¼ tsp	½ tsp	½ tsp
Chicken Stock Paste	15g	25g	30g
Cheddar Cheese** 7)	30g	45g	60g
Olive Oil*	1½ tbsps	2 tbsps	3 tbsps
Ciabatta 11) 13)	2	3	4
Baby Spinach**	100g	150g	200g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	640g	100g
Energy (kJ/kcal)	2991/715	467/112
Fat (g)	28	4
Sat. Fat (g)	8	1
Carbohydrate (g)	69	11
Sugars (g)	12	2
Protein (g)	44	7
Salt (g)	4.30	0.67

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	676g	100g
Energy (kJ/kcal)	3126/747	463/111
Fat (g)	21	3
Sat. Fat (g)	6	1
Carbohydrate (g)	74	11
Sugars (g)	15	2
Protein (g)	59	9
Salt (g)	4.25	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm


60 Worship St, London EC2A 2EZ

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Cook the Chicken

- Preheat your oven to 200°C.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once the **oil** is hot, add the **chicken** and season with **salt** and **pepper**.
- Fry, turning frequently until the **chicken** is browned on the outside, 3-5 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.

 **CUSTOM RECIPE**

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



Simmer

- Season with **salt**, **pepper** and **sugar** (see ingredients for amount).
- Bring to the boil, stirring continuously, then reduce the heat to medium.
- Cover the pan with a lid or some foil and simmer until the mixture is thick and the **chicken** is cooked, 6-8 mins. Stir every 2 mins or so. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Meanwhile, in a small bowl, mix together the remaining **garlic** and **olive oil** (see ingredients for amount).



Prep

- While the **chicken** is cooking, halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a **garlic press**).
- Drain and rinse the **black beans** in a colander, put **half** of them into a bowl and roughly mash. Add the remaining **whole beans** to the bowl.
- Drain and rinse the **sweetcorn** in a sieve.



Finish the Prep

- While the **stew** cooks, grate the **cheese**.
- Cut each **ciabatta** in half. Place on a baking tray, spread the **garlic oil** on the cut side and season with **salt** and **pepper**.
- Bake until golden, 4-5 mins.
- Once the **stew** is cooked, stir in the **spinach** a handful at a time until wilted. **TIP:** Add a splash of water if needed.



Add the Spice

- Once the **chicken** is browned, add the **shallot** to the pan.
- Fry, stirring frequently until the **shallot** has softened, 3-4 mins.
- Stir in the **Mexican style spice mix**, **sweetcorn** and **half** the **garlic**. Cook, stirring, for 1 min. **TIP:** Add less spice if you don't like heat.
- Pour in the **passata**, **water** (see ingredients for amount), **chicken stock paste** and **black beans** (whole and mashed).



Serve

- Remove the pan from the heat, taste and add **salt** and **pepper** if needed.
- Serve in bowls with the **cheese** scattered on top and the **garlic ciabatta** alongside.

Enjoy!