



# Mexican Chicken Stew

with Coriander and Cheese

**RAPID** 20 Minutes • Little Heat • 2 of your 5 a day

N° 14



Diced Chicken Thigh



Echalion Shallot



Black Beans



Sweetcorn



Mexican Spice



Tomato Passata



Chicken Stock Powder



Cheddar Cheese



Ciabatta



Baby Spinach

## Before you start

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

### Basic cooking tools, you will need:

Large Frying Pan, Colander, Sieve, Measuring Jug, Coarse Grater and Baking Tray.

### Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Echalion Shallot**	1	1	2
Black Beans	1 carton	1½ cartons	2 cartons
Sweetcorn	1 small tin	1 large tin	1 large tin
Mexican Spice	1 small pot	¾ small pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Stew*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Cheddar Cheese 7)**	1 block	1½ blocks	2 blocks
Ciabatta 11) 13)	1	1½	2
Baby Spinach**	1 bag	1 bag	1 bag

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	585g	100g
Energy (kJ/kcal)	2835 /678	485 /116
Fat (g)	22	4
Sat. Fat (g)	7	1
Carbohydrate (g)	52	9
Sugars (g)	14	2
Protein (g)	61	10
Salt (g)	3.35	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### Contact

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## 1. Cook the Chicken

- Preheat your oven to 200°C.
- Heat a glug of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **chicken** and a pinch of **salt** and **pepper**. Fry, turning frequently until the **chicken** is browned on the outside, 3-5 mins.



## 4. Simmer

- Add a pinch of **salt**, **pepper** and **sugar** (if you have some).
- 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, stirring occasionally. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 2. Prep

- While the **chicken** is cooking, halve, peel and thinly slice the **shallot**.
- Drain and rinse the **blackbeans** in a colander, put **half** of them in a bowl and roughly mash. Add the remaining **whole beans** to the bowl and combine.
- Drain and rinse the **sweetcorn** in a sieve.



## 5. Finish the Prep

- While the **stew** cooks, grate the **cheddar cheese**.
- Cut each **ciabatta** in **half** as though you're making a sandwich. Place on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Bake for 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.



## 3. 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 spice** and **sweetcorn**, cook, stirring, for 1 minute. **TIP:** Add less spice if you don't like heat.
- Pour in the **passata**, **water** (see ingredient list for amount), **chicken stock powder** and **blackbeans** (whole and mashed).



## 6. Serve

- Remove from the heat, taste and add **salt** and **pepper** if you feel it needs it.
- Serve in bowls with the **cheddar** scattered on top and the **ciabatta** alongside.

Enjoy!