



Mexican Chicken Stew

with Sweetcorn and Cheese

Rapid 20 Minutes • Little Spice • 3 of your 5 a day



11

-  Diced Chicken Thigh
-  Garlic Clove
-  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!

Cooking tools, you will need:

Frying Pan, Chopping Board, Sharp Knife, Colander, Sieve, Fine Grater (or Garlic Press), Measuring Jug and Baking Tray.

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	210g	420g	560g
Garlic Clove**	1 clove	2 cloves	2 cloves
Echalion Shallot**	1	1	2
Black Beans	1 carton	1½ cartons	2 cartons
Sweetcorn	1 tin	1 tin	1 tin
Mexican Spice	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1 ½ cartons	2 cartons
Water for the Stew*	200 ml	300 ml	400 ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Cheddar Cheese 7)**	30g	45g	60g
Ciabatta 11) 13)	2	3	4
Baby Spinach**	1 bag	1 bag	2 bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	579g	100g
Energy (kJ/kcal)	2920 /698	505 /121
Fat (g)	22	4
Sat. Fat (g)	7	1
Carbohydrate (g)	70	12
Sugars (g)	15	3
Protein (g)	47	8
Salt (g)	3.18	0.55

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.

Contact

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Packed in the UK

The Fresh Farm

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You can recycle me!



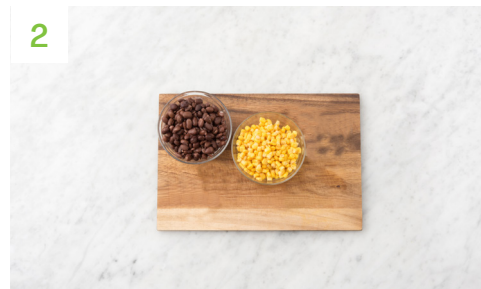
Cook the Chicken

- 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.



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.
- Stir every 2 mins or so. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



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 in a bowl and roughly mash.
- Add the remaining **whole beans** to the bowl too and stir to combine.
- Drain and rinse the **sweetcorn** in a sieve.



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.



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**, **garlic** 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 **black beans** (whole and mashed).



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!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.