



Mexican Style Chicken and Black Bean Stew

with Spinach, Sweetcorn and Cheese

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

N° 11



Diced Chicken Thigh



Garlic Clove



Echalion Shallot



Black Beans



Sweetcorn



Mexican Spice



Tomato Passata



Chicken Stock Paste



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, Wooden Spoon, Garlic Press, Colander, Bowl, Sieve, Measuring Jug, Grater, Baking Tray.

Ingredients

| | 2P | 3P | 4P |
|-----------------------|----------|------------|-----------|
| Diced Chicken Thigh** | 210g | 420g | 560g |
| Garlic Clove | 1 | 2 | 2 |
| Echalion Shallot** | 1 | 1 | 2 |
| Black Beans | 1 carton | 1½ cartons | 2 cartons |
| Sweetcorn | 150g | 150g | 326g |
| Mexican Spice | 1 sachet | 1 sachet | 2 sachets |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Water* | 200ml | 300ml | 400ml |
| Chicken Stock Paste | 10g | 15g | 20g |
| Cheddar Cheese 7)* | 30g | 45g | 60g |
| Ciabatta 11) 13) | 2 | 3 | 4 |
| Baby Spinach** | 100g | 150g | 200g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 577g | 100g |
| Energy (kJ/kcal) | 2860 /684 | 496 /119 |
| Fat (g) | 22 | 4 |
| Sat. Fat (g) | 7 | 1 |
| Carbohydrate (g) | 71 | 12 |
| Sugars (g) | 14 | 2 |
| Protein (g) | 44 | 8 |
| Salt (g) | 3.32 | 0.56 |

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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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. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



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 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,
- 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 min. **TIP:** Add less spice if you don't like heat.
- Pour in the **passata**, **water** (see ingredient list for amount), **chicken stock paste** 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.