



MEXICAN STYLE CHICKEN CHILI

with Quinoa, Kidney Beans and Butternut Squash



HELLO KIDNEY BEANS

Did you know cannellini beans are just white kidney beans!



Butternut Squash



Quinoa



Chicken Stock Powder



Diced Chicken Thigh



Green Pepper



Lime



Kidney Beans



Mexican Spice



Tomato Passata

MEAL BAG

40 mins

3 of your 5 a day

Medium heat

Our Mexican-inspired chicken chilli is the perfect thing for a quick, simple and delicious weeknight dinner. Chicken, peppers, kidney beans and roasted butternut squash are combined in a rich tomato sauce and seasoned with our specially blended Mexican spice mix. To keep you feeling full, we've served it alongside quinoa and beans, and kept the flavours light and fresh by finishing the dish off with a good squeeze of fresh lime.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Large Saucepan** (with a **Lid**), **Sieve, Fine Grater** and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE SQUASH

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways (no need to peel) and scoop out the seeds. Chop it widthways into 2cm lengths, then chop into 2cm chunks. Pop on a baking tray, drizzle with **oil** and season with **half the Mexican spice** and a pinch of **salt**. Toss to coat then spread out and roast on the top shelf of your oven until soft and golden, turning halfway through cooking, 25-30 mins.



2 COOK THE QUINOA

Bring a large saucepan of water to the boil over high heat. When boiling, stir in and dissolve **half the stock powder**. Stir in the **quinoa** and bring back to the boil. Lower the heat and simmer until the **quinoa** has doubled in size and the **seed** has visibly split, 12-15 mins. Drain into a sieve and return to the pan off the heat. Cover with a lid and set aside.



3 PREP TIME

Halve the **pepper** and discard the core and seeds. Chop into small pieces. Zest the **lime** then chop into wedges. Drain and rinse the **kidney beans** in the sieve.



START THE JALFREZI

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **diced chicken** and stir-fry until browned all over, 4-5 mins. Lower the heat and stir in the remaining **Mexican spice** and the **peppers**. Cook, stirring, for another 2 mins. Pour in the **tomato passata** and remaining **stock powder**, stir in **half the kidney beans** and bring to the boil. Reduce the heat and simmer until thick and **tomatoey**, stirring occasionally, 6-8 mins.

IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



FINISH UP

When the **quinoa** is cooked and drained add the **lime zest** and the remaining **kidney beans**. Gently stir through. Season to taste with **salt** and **pepper** if needed. Stir the **roasted squash** and a squeeze of **lime juice** into your **jalfrezi** and season to taste with **salt** and **pepper** if needed.



SERVE

Serve the **quinoa** in bowls topped with the **Mexican jalfrezi**. Finish with any remaining **lime wedges** for squeezing over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	600g	600g	1kg
Quinoa	120g	180g	240g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Diced Chicken Thigh *	280g	420g	560g
Green Pepper *	1	2	2
Lime *	1	1½	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 758G	PER 100G
Energy (kJ/kcal)	2985 / 714	394 / 94
Fat (g)	17	2
Sat. Fat (g)	4	1
Carbohydrate (g)	72	10
Sugars (g)	22	3
Protein (g)	62	8
Salt (g)	2.14	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

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.

THUMBS UP OR THUMBS DOWN?

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