

Mexican Style Chicken & Sweetcorn Stew with Cheese and Garlic Ciabatta

Rapid

20 Minutes • Mild Spice • 2 of your 5 a day





Diced Chicken



Garlic Clove



Red Onion



Black Beans





Mexican Style Spice Mix

Sweetcorn



Tomato Passata



Chicken Stock Paste



Mature Cheddar



Cheese



Baby Spinach



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. Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Frying pan, garlic press, sieve, bowl, grater and baking tray.

Ingredients

	2P	3P	4P	
Diced Chicken Thigh**	210g	420g	560g	
Red Onion**	1	1	2	
Garlic Clove**	2	3	4	
Black Beans	1 carton	1½ cartons	2 cartons	
Sweetcorn	150g	150g	326g	
Mexican Style Spice Mix	1 pot	2 pots	2 pots	
Tomato Passata	1 carton	1½ cartons	2 cartons	
Water for the Sauce*	200ml	300ml	400ml	
Chicken Stock Paste	15g	25g	30g	
Sugar*	1/4 tsp	½ tsp	½ tsp	
Olive Oil for the Garlic Bread*	1½ tbsp	2 tbsp	3 tbsp	
Mature Cheddar Cheese** 7)	30g	45g	60g	
Ciabatta 13)	2	3	4	
Baby Spinach**	100g	100g	200g	
Diced Chicken Breast**	280g	420g	560g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	663g	100g
Energy (kJ/kcal)	3041 /727	459/110
Fat (g)	28	4
Sat. Fat (g)	8	1
Carbohydrate (g)	72	10
Sugars (g)	13	2
Protein (g)	44	7
Salt (g)	4.19	0.63
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	Per serving 698g	Per 100g 100g
for uncooked ingredient	698g	100g
for uncooked ingredient Energy (kJ/kcal)	698g 2970 /710	100g 426/102
for uncooked ingredient Energy (kJ/kcal) Fat (g)	698g 2970 /710 20	100g 426/102 3
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	698g 2970 /710 20 6	100g 426/102 3 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	698g 2970/710 20 6 72	100g 426/102 3 1 10
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g) Sugars (g)	698g 2970/710 20 6 72 13	100g 426/102 3 1 10 2

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

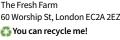
7) Milk 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Cook the Chicken

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

CUSTOM RECIPE

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



Get Prepped

- a) While the chicken is cooking, halve, peel and chop the **red onion** into small pieces.
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Drain and rinse the black beans in a sieve, put half of them into a bowl and roughly mash with a fork. Add the remaining whole beans to the bowl.
- d) Drain the sweetcorn in a sieve.



Add the Spice

- a) Once the chicken is browned, add the onion to the pan.
- **b)** Fry, stirring frequently, until the **onion** has softened, 3-4 mins.
- c) 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.
- d) Pour in the passata, water for the sauce (see ingredients for amount), chicken stock paste and **black beans** (whole and mashed).



Simmer the Sauce

- a) Season the sauce with salt, pepper and sugar (see ingredients for amount).
- **b)** Bring to the boil, stirring continuously, then reduce the heat to medium.
- c) 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.
- d) While the stew cooks, grate the cheese.



Finish the Prep

- a) Meanwhile, in a small bowl, mix together the remaining garlic and olive oil for the garlic bread (see ingredients for amount).
- b) Cut each ciabatta in half. Place on a baking tray, spread the garlic oil on the cut side and season with salt and pepper.
- c) Bake until golden, 4-5 mins.
- d) Once the stew is cooked, stir in the spinach a handful at a time until wilted and piping hot, 1-2 mins. TIP: Add a splash of water if needed.



Serve

- a) Remove the pan from the heat, taste and add salt and pepper if you feel it needs it.
- b) Serve in bowls with the cheese scattered on top and the garlic ciabatta alongside.

Enjoy!