



# Mexican Style Chicken & Sweetcorn Stew

with Cheese and Garlic Ciabatta

16

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



Diced Chicken Thigh



Garlic Clove



Black Beans



Sweetcorn



Mexican Style Spice Mix



Tomato Passata



Chicken Stock Paste



Mature Cheddar Cheese



Ciabatta



Baby Spinach



Chorizo

**Pantry Items**  
Sugar, Olive Oil

### 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	350g	420g
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Sweetcorn	150g	150g	326g
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Paste	15g	25g	30g
Sugar*	¼ tsp	½ tsp	½ tsp
Mature Cheddar Cheese** 7)	30g	45g	60g
Ciabatta 13)	2	3	4
Olive Oil for the Garlic Bread*	1½ tbsp	2 tbsp	3 tbsp
Baby Spinach**	40g	100g	100g
Chorizo**	60g	90g	120g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	544g	100g
Energy (kJ/kcal)	3013 /720	554 /132
Fat (g)	27.5	5.1
Sat. Fat (g)	7.9	1.5
Carbohydrate (g)	73.2	13.5
Sugars (g)	11.6	2.1
Protein (g)	42.4	7.8
Salt (g)	4.26	0.78

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	574g	100g
Energy (kJ/kcal)	3491 /834	608 /145
Fat (g)	36.8	6.4
Sat. Fat (g)	11.2	2.0
Carbohydrate (g)	73.4	12.8
Sugars (g)	11.8	2.1
Protein (g)	49.9	8.7
Salt (g)	5.72	1.00

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Cereals containing 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.

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## Cook the Chicken

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once the **oil** is hot, add the **chicken** and season with **salt** and **pepper**. Fry, turning frequently, until browned all over, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Simmer and Grate

- Season the **sauce** with **salt**, **pepper** and **sugar** (see ingredients for amount). Bring to the boil, stirring continuously, then reduce the heat to medium.
- Simmer until the **mixture** has thickened 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.
- While the **stew** simmers, grate the **cheese**.



## Get Prepped

- While the **chicken** cooks, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve, then put **half** of them into a bowl and roughly mash with a fork. Add the remaining **whole beans** to the bowl.
- Drain the **sweetcorn** in the sieve.



## Make the Garlic Ciabatta

- Halve the **ciabatta** and lay onto a baking tray, cut-side up.
- Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see ingredients for amount). Season with **salt** and **pepper**.
- Bake the **garlic bread** on the top shelf of your oven until golden, 5-6 mins.
- Once the **stew** is cooked, stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins. Add a splash of **water** if needed.



## Add the Spice

- Once the **chicken** is browned, stir in the **Mexican style spice mix** (add less if you don't like heat), **sweetcorn** and **half** the **garlic**. Cook, stirring, for 1 min.
- Pour in the **passata**, **water for the sauce** (see ingredients for amount), **chicken stock paste** and **black beans** (whole and mashed), then stir to combine.

## CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, add to the pan once the **chicken** is browned and fry until starting to brown, 3-4 mins. Then stir in the ingredients in step a) and continue with recipe.



## Serve

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

## Enjoy!