



Mexican Style Chicken & Sweetcorn Stew

with Cheese and Garlic Ciabatta

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

16



Diced Chicken Thigh



Red Onion



Garlic Clove



Black Beans



Sweetcorn



Mexican Style Spice Mix



Tomato Passata



Chicken Stock Paste



Mature Cheddar Cheese



Ciabatta



Baby Spinach



Diced Chicken Breast

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*	¼ 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	698g	100g
Energy (kJ/kcal)	2970/710	426/102
Fat (g)	20	3
Sat. Fat (g)	6	1
Carbohydrate (g)	72	10
Sugars (g)	13	2
Protein (g)	57	8
Salt (g)	4.33	0.62

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.

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Cook the Chicken

- Preheat your oven to 200°C.
- 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**.
- 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.



Simmer the Sauce

- 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** 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.
- While the **stew** cooks, grate the **cheese**.



Get Prepped

- While the **chicken** is cooking, halve, peel and chop the **red onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- 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.
- Drain the **sweetcorn** in a sieve.



Finish the Prep

- Meanwhile, in a small bowl, mix together the remaining **garlic** and **olive oil for the garlic bread** (see ingredients for amount).
- Cut each **ciabatta** in half. Place on a baking tray, spread the **garlic oil** on the cut side and season with **salt** and **pepper**.
- Bake until golden, 4-5 mins.
- 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.



Add the Spice

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



Serve

- Remove the pan from the heat, 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!