



Pulled Chicken and Black Bean Tacos

with Cheddar and Limey Soured Cream

EXTRA RAPID 10 Minutes •

N° 12



Black Beans



Cooked Pulled Chicken



Chipotle Paste



Tomato Passata



Lime



Iceberg Lettuce



Coriander



Soured Cream



Soft Shell Taco Wraps



Cheddar Cheese



BBQ Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Colander, Frying Pan and Coarse Grater.

Ingredients

	2P	3P	4P
Black Beans	1 carton	1½ cartons	2 cartons
Cooked Pulled Chicken	240g	360g	480g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Lime	½	¾	1
Iceberg Lettuce	½	¾	1
Coriander	1 bunch	1 bunch	1 bunch
Soured Cream 7)	75g	100g	150g
Soft Shell Taco Wraps 13)	6	9	12
Cheddar Cheese	60g	100g	120g
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	611g	100g
Energy (kJ/kcal)	3538 /846	579 /138
Fat (g)	26	4
Sat. Fat (g)	13	2
Carbohydrate (g)	89	15
Sugars (g)	20	3
Protein (g)	58	10
Salt (g)	4.28	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Started!

a) Preheat your oven to 200°C. Drain and rinse the **black beans** in a colander.

b) Heat a frying pan over high heat. Once hot, add the **chicken, chipotle paste** (add less if you don't like heat), **tomato passata** and **black beans**.

c) Season with **salt** and **pepper**. Mix well. Reduce the heat slightly and simmer until reduced and the **chicken** is piping hot, 6-7 mins, stirring regularly. **TIP:** Add another splash of water if the mix dries out.

2. Get Prepped!

a) Meanwhile, zest the **lime** and cut into wedges. Remove and discard the outer **iceberg lettuce leaves**. Halve the remaining **lettuce** through the root and thinly slice (see ingredients for amount you need). Roughly chop the **coriander** (stalks and all).

b) Pop the **soured cream** in a small bowl with the **lime zest** and season with **salt** and **pepper**. Mix well.

3. Finish Up!

a) Pop the **soft shell tacos** in the oven to warm through, 1-2 mins.

b) Grate the **Cheddar cheese**.

c) Stir the **BBQ sauce** into the **chicken**, then season to taste with **salt** and **pepper**.

d) Take everything to the dining table and share out 3 warmed **tacos** per person. Get everyone to help themselves to all the **fillings** - we like to go **soured cream, lettuce, chicken, cheese, coriander**, but it's up to you!

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.