



DINNER - SAUSAGE CHILLI

LUNCH - MEXICAN SPICED CHICKEN

DINNER SOLVED
HELLO LUNCH!

Yummy dinner, delicious lunch all in one shot, well done you!



-  Pork and Caramelised Onion Sausage
-  Chicken Thighs
-  Red Onion
-  Red Pepper
-  Black Beans
-  Mexican Spice
-  Finely Chopped Tomatoes with Onion
-  Chicken Stock Powder
-  Bulgur Wheat
-  Corinader
-  Lime
-  Vine Tomato
-  Steamed Brown Basmati & Quinoa

DINNER TO LUNCH

Transform dinner into a tasty new lunch!

DINNER: 40 mins **LUNCH: 5 mins**

Dinner: 2 of your 5 a day Lunch: 1 of your 5 a day

 Medium heat

Cook once, with a twist for lunch. Cook an amazing dinner as usual then create a new twist on the recipe to create something different for lunch the next day! For dinner, enjoy our delicious Mexican-style sausage chilli, then whip up a flavoursome Mexican-spiced chicken salad for lunchtime. Double deliciousness.

BEFORE YOU START

🔥 **Preheat** your Grill to **High**. 🧼 **Wash** the Veggies. 🍴 **Make sure** you've got some **Foil**, a **Baking Tray**, **Sieve**, two **Saucepans** (one with a **Lid**) and **Fine Grater**. Now, let's get cooking your **Dinner** and **Lunch**!



1 COOK THE MEAT

Arrange the **sausages** on one half of the lined baking tray and the **chicken** on the other. Season the **chicken** with **salt** and sprinkle on **half** the **Mexican spice**.

Drizzle on some **oil** and rub the **spice** over the **chicken**. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*

Grill the **sausages** and **chicken** until browned and cooked through, 18-20 mins. Turn halfway through. **IMPORTANT:** *The meats are cooked when no longer pink in the middle.*



4 SALSA TIME

Roughly chop the **coriander** (stalks and all). Zest, then halve the **lime**. Chop the **vine tomatoes** into small chunks and pop in a bowl.

Stir in **half** the **lime zest** and then add a good squeeze of **juice**. Add **half** the **black beans** and **half** the **coriander**. Dress with **olive oil** and stir together.

Keep the **salsa** refrigerated for tomorrow's lunch. **TIP:** *We will add salt tomorrow to stop the salsa getting soggy!*



2 START THE CHILLI

Peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Drain and rinse the **black beans** in a sieve.

Heat a splash of **oil** in a saucepan over medium heat. Add the **onion** and **pepper**. Stir and cook until softened, 3-4 mins.

Add the remaining **Mexican spice**, the **chopped tomatoes** and **half** the **stock powder**. Simmer until the **sauce** is thick and tomatoey, 10-12 mins.



5 FINISH AND SERVE

Stir the remaining **black beans** into the **sauce** and heat until piping hot.

Remove the cooked **meats** from the grill. Chop the **sausages** into bite sized pieces. Set **chicken** to one side for lunch. Stir the **sausage** into the **sauce** with the remaining **coriander**.

Fluff the **bulgur** up with a fork and stir in **half** the remaining **lime zest** and a squeeze of **juice**. Share between your bowls topped with the **sausage chilli**. **Enjoy!**



3 COOK THE BULGUR

Boil the **water** (see ingredients list for amount) in a saucepan over high heat. When boiling, stir in the **bulgur wheat** and remaining **stock powder**.

Bring back up to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



6 LUNCH TIME

Stir the remaining **lime zest** into the **brown rice and quinoa** and split into two portions.

Slice the **chicken** and pop on top of the **rice** and refrigerate.

Serve at room temperature or heat through until piping hot.

Season the **salsa** to taste with **salt** and **pepper** and spoon over the **chicken** and **rice**. **Lunch is served!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Pork and Caramelised Onion Sausage 14) *	4	6	8
Chicken Thighs *	4	4	4
Red Onion *	1	1	2
Red Pepper *	1	1½	2
Black Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	⅔ large pot	1 large pot	1 large pot
Finely Chopped Tomatoes with Onion	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachet	2 sachet
Water*	200ml	300ml	400ml
Bulgur Wheat 13)	100g	150g	200g
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1	1
Vine Tomato	2	2	2
Steamed Brown Basmati & Quinoa	1 pack	1 pack	1 pack

*Not Included * Store in the Fridge

ALLERGENS

13) Gluten 14) Sulphites

NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 619G	PER 100G
Energy (KJ/kcal)	2975 / 711	481 / 115
Fat (g)	20	3
Sat. Fat (g)	7	1
Carbohydrate (g)	89	14
Sugars (g)	23	4
Protein (g)	36	6
Salt (g)	6.06	0.98
LUNCH	PER SERVING: 472G	PER 100G
Energy (KJ/kcal)	2296 / 547	487 / 116
Fat (g)	17	4
Sat. Fat (g)	4	1
Carbohydrate (g)	37	8
Sugars (g)	4	1
Protein (g)	57	12
Salt (g)	0.59	0.12

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.



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