

Superquick Pulled Chicken Chilli with Rice



Extra Rapid 10 Minutes • Little Heat • 1 of your 5 a day









Coriander

Pulled Chicken





Tomato Purée





Spring Onion



Steamed Basmati Rice



Cheddar Cheese



Chilli Flakes



Soured Cream

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan and Coarse Grater.

Ingredients

	2P	3P	4P	
Pulled Chicken**	200g	300g	400g	
Chilli Beans	1 tin	1½ tins	2 tins	
Tomato Purée	1 sachet	1⅓ sachets	2 sachets	
Coriander**	½ bunch	1 bunch	1 bunch	
Spring Onion**	1	2	2	
Cheddar Cheese 7)**	30g	45g	60g	
Steamed Basmati Rice	1 pack	1½ packs	2 packs	
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets	
Chilli Flakes	1 pinch	1 pinch	1 pinch	
Soured Cream 7)**	75g	100g	150g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	544g	100g
Energy (kJ/kcal)	2941/703	540 /129
Fat (g)	17	3
Sat. Fat (g)	9	2
Carbohydrate (g)	82	15
Sugars (g)	20	4
Protein (g)	48	9
Salt (g)	3.67	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Heat the rice

Cook the chilli

4-5 mins.

purée to the pan and stir to combine.

d) Trim the spring onion and thinly slice.

e) Grate the Cheddar cheese.

a) Cook the rice according to pack instructions.

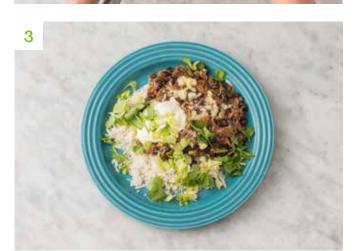
c) Meanwhile, roughly chop the coriander (stalks and all).

b) Stir the BBQ sauce and half the chilli flakes into the chicken and chilli bean mixture. TIP: Add less chilli flakes if you don't love spice! TIP: Add a splash of water if the chilli needs loosening up.

a) Pop a large saucepan on a medium heat, add the chicken, chilli beans and tomato

b) Allow to bubble away until the sauce has thickened and the meat is piping hot,

- c) Bring back to the boil then remove from the heat.
- d) Season to taste with salt and pepper.



Serve

- a) Share the rice between your bowls.
- b) Spoon the chicken chilli on top.
- c) Sprinkle over the cheese, top with a dollop of soured cream followed by the spring onion, coriander and a pinch of chilli to finish!

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.

