



Superquick Pulled Chicken Chilli with Rice

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

N° 22



Pulled Chicken



Chilli Beans



Tomato Purée



Coriander



Spring Onion



Cheddar Cheese



Steamed Basmati Rice



BBQ Sauce



Chilli Flakes



Soured Cream

Before you start

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

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	1½ 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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



1



2



3



Cook the chilli

a) Pop a large saucepan on a medium heat, add the **chicken, chilli beans** and **tomato purée** to the pan and stir to combine.

b) Allow to bubble away until the **sauce** has thickened and the **meat** is piping hot, 4-5 mins.

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

d) Trim the **spring onion** and thinly slice.

e) Grate the **Cheddar cheese**.

Heat the rice

a) Cook the **rice** according to pack instructions.

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.

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.