



Superquick Pulled Chicken Chilli

with Lime and Coriander Rice

EXTRA RAPID 10 Minutes • Little Heat • 1 of your 5 a day

Nº 12



Black Beans



Biona Chilli Beans



Tomato Passata



Pulled Chicken



Tomato Puree



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!

Basic cooking tools, you will need:

Colander, Saucepan and Coarse Grater.

Ingredients

	2P	3P	4P
Black Beans	1 carton	1½ carton	-
Biona Chilli Beans	-	-	2 tins
Tomato Passata	1 carton	1½ cartons	-
Pulled Chicken	240g	360g	480g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Coriander	½ bunch	1 bunch	1 bunch
Spring Onion	1	2	2
Cheddar Cheese 7)	1 block	2 blocks	2 blocks
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Chilli Flakes	a pinch	a pinch	a pinch
Soured Cream 7)	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	574g	100g
Energy (kJ/kcal)	2822 /675	492 /118
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	69	12
Sugars (g)	17	3
Protein (g)	50	9
Salt (g)	2.96	0.52

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. Cook the Chilli

a) If you have got plain **black beans** instead of **chilli beans**, drain and rinse the **black beans** in a colander.

b) Pop a large saucepan on a medium heat, add the **chilli beans** or **black beans** and **passata** (depending on which **beans** you've been sent). Add the **chicken** and **tomato puree** to the pan, season with **salt** and **pepper**, stir to combine.

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

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

e) Trim the **spring onion** and thinly slice. Grate the **cheddar cheese**.

2. Add the BBQ Sauce

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**.

3. 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!