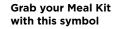


Anna's Mexican Chicken Chilli

with Homemade Tortilla Chips











Zucchini



Long Green Chilli (Optional)

Chicken Thigh





Sweetcorn

Red Kidney Beans

Mexican Fiesta Spice Blend

Tomato Paste







Passata

Chicken Stock





Mini Flour



Tortillas

Shredded Cheddar Cheese







Hands-on: 25-35 mins Ready in: 30-40 mins



Spicy (optional long green chilli and Mexican Fiesta spice blend)

With punchy flavours, lots of goodness (thanks, veggies and red kidney beans!) and a tantalising mix of soft and crisp textures, this delightful chicken chilli is an ode to our pocket-rocket colleague Anna.



Olive Oil, Brown Sugar, Butter

Before you start

Our fruit and veggies need a little wash first!

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
long green chilli (optional)	1/2	1
chicken thigh	1 packet	1 packet
sweetcorn	1 tin (125g)	1 tin (300g)
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
passata	1 packet (200g)	2 packets (400g)
water*	1/4 cup	½ cup
brown sugar*	1 tsp	2 tsp
chicken stock	1 cube	2 cubes
mini flour tortillas	4	8
butter*	20g	40g
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 packet (100g)	1 packet (200g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3740kJ (893Cal)	454kJ (109Cal)
Protein (g)	56.5g	6.9g
Fat, total (g)	42.8g	5.2g
- saturated (g)	20.9g	2.5g
Carbohydrate (g)	60.7g	7.4g
- sugars (g)	21.8g	2.7g
Sodium (g)	1800mg	219mg

Allergens

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



1. Get prepped

Preheat the oven to 200°C/180°C fan-forced. Grate the carrot (unpeeled). Roughly chop the zucchini. Thinly slice the long green chilli (see ingredients list), if using. Cut the chicken thigh into 2cm chunks. Drain the sweetcorn. Drain the red kidney beans.



2. Cook the chicken

In a large frying pan, heat a drizzle of olive oil over a high heat. Add the **chicken** and cook, stirring, until browned, 3-4 minutes. Transfer to a plate and set aside (the chicken will finish cooking in step 5).



3. Cook the veggies & sauce

SPICY! If you are sensitive to heat, feel free to add less of the spice blend. Return the pan to a medium-high heat with a drizzle of olive oil. Add the carrot, zucchini and sweetcorn and cook, stirring, until softened, 4-5 minutes. Add the Mexican Fiesta spice blend and tomato paste and cook until fragrant, 1-2 minutes. Add the passata, water and brown sugar and crumble in the chicken stock (1 cube for 2 people / 2 cubes for 4 people). Simmer until slightly thickened, 3-4 minutes.



4. Bake the tortilla chips

While the veggies are simmering, cut the mini flour tortillas (see ingredients list) into quarters. Divide the **tortillas** between two oven trays lined with baking paper, arranging them in a single layer. Brush (or spray) with olive oil and season with a pinch of salt and pepper. Bake until lightly golden and crisp, 5-7 minutes.

TIP: Arranging the tortillas in a single layer ensures they crisp up evenly.



5. Finish the chicken chilli

While the tortilla chips are baking, add the **red kidney beans** and **chicken** to the frying pan with the veggies and stir to combine. Simmer until the chicken is cooked through, 2 minutes. Stir through the butter until melted and season to taste with salt and pepper.



6. Serve up

Divide the Mexican chicken chilli between bowls. Top with the shredded Cheddar cheese, a dollop of **sour cream** and the long green chilli (if using). Serve the homemade tortilla chips on the side for scooping.

Enjoy!