



# CHICKEN CHILLI CON CARNE

with Corn & Greek Yoghurt



Make a chicken chilli con carne



Basmati Rice



Brown Onion



Garlic



Carrot



Zucchini



Sweetcorn



Coriander



Chicken Thigh



Tex-Mex  
Spice Blend



Enchilada Sauce



Greek Yoghurt

Hands-on: **20 mins**  
Ready in: **30 mins**

Eat me early

Naturally gluten-free  
*Not suitable for Coeliacs*

With the classic elements of a chilli con carne – spices, onion, garlic and a tomato-based sauce – but swapping chicken for the usual beef, this is a soul-satisfying, flavour-packed feast that will appeal to all.

**Pantry Staples:** Olive Oil



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



### 1 COOK THE BASMATI RICE

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



### 2 GET PREPPED

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Finely chop the **carrot** (unpeeled). Thinly slice the **zucchini** into half-moons. Drain the **sweetcorn**. Roughly chop the **coriander**. Cut the **chicken thigh** into 2cm chunks.



### 3 BROWN THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the **oil** is hot, add **1/2** the **chicken** and cook, tossing occasionally, until browned, **4-5 minutes** (the chicken will finish cooking in step 5). Season with **salt** and **pepper** and transfer to a plate. Repeat with the **remaining chicken**.



### 4 ADD THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook until softened, **2-3 minutes**. Add the **garlic, carrot, zucchini** and **sweetcorn** and cook until just softened, **3-4 minutes**. Add **1 1/2 sachets** of **Tex-Mex spice blend** and cook, stirring, until fragrant, **1 minute**.

**TIP:** *Add all the spice blend if you don't mind a bit of heat!*



### 5 FINISH THE CHILLI

Return the **chicken** to the pan along with the **enchilada sauce** and **water (for the sauce)**. Stir to combine and simmer until the chicken is cooked through, **3-4 minutes**. Season to taste with **salt** and **pepper**.



### 6 SERVE UP

Divide the basmati rice between bowls and spoon over the chicken chilli con carne. Top with a dollop of **Greek yoghurt** and garnish with the coriander.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water* (for the rice)	3 cups
basmati rice	2 packets
brown onion	1
garlic	3 cloves
carrot	2
zucchini	1
sweetcorn	1 tin (300g)
coriander	1 bag
chicken thigh	1 packet
Tex-Mex spice blend	1 1/2 sachets
enchilada sauce	1 sachet (300g)
water* (for the sauce)	1/4 cup
Greek yoghurt	1 packet (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2780kJ (664Cal)	454kJ (108Cal)
Protein (g)	43.4g	7.1g
Fat, total (g)	14.9g	2.4g
- saturated (g)	4.0g	0.7g
Carbohydrate (g)	83.0g	13.6g
- sugars (g)	17.1g	2.8g
Sodium (g)	1260mg	206mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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