



Dinner - Chilli con Chicken with Coriander Tortilla Chips
Lunch - Cheesy Chilli Chicken Rice Bowl

Grab your Meal Kit with this symbol 



Sweetcorn



Carrot



Capsicum



Garlic



Chicken Thigh



Tex-Mex Spice Blend



Passata



Chicken Stock



Coriander



Mini Flour Tortillas



Lemon



Shredded Cheddar Cheese



Greek Yoghurt



Microwavable Basmati Rice

FOR YOUR LUNCH



DINNER
Hands-on: **35-45 mins**
Ready in: **40-50 mins**



Eat me early

LUNCH
Ready in: **10 mins**

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Feast on a bowl of mild chicken chilli with homemade tortilla chips for dinner, then pack up a rice and chilli bowl with cheese for lunch. Extra delicious!

Pantry items
Olive Oil, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	2	3
capsicum	1	1
garlic	2 cloves	3 cloves
chicken thigh	1 large packet	1 large & 1 small packet
Tex-Mex spice blend	2 sachets	3 sachets
passata	1 box (500g)	1½ boxes (750g)
brown sugar*	1 tsp	2 tsp
chicken stock	1 cube	1½ cubes
coriander	1 bag	1 bag
mini flour tortillas	6	12
lemon	1	2
shredded Cheddar cheese	1 packet (100g)	3 packets (150g)
Greek yoghurt	1 packet (100g)	1 packet (200g)
microwavable basmati rice	1 packet	1 packet

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3130kJ (748Cal)	503kJ (120Cal)
Protein (g)	52.2g	8.4g
Fat, total (g)	29.4g	4.7g
- saturated (g)	11.5g	1.8g
Carbohydrate (g)	62.4g	10.0g
- sugars (g)	18.0g	2.9g
Sodium (mg)	1300mg	209mg

LUNCH

Energy (kJ)	2500kJ (598Cal)	420kJ (100Cal)
Protein (g)	46.3g	7.8g
Fat, total (g)	21.2g	3.6g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	51.7g	8.7g
- sugars (g)	13.3g	2.2g
Sodium (mg)	907mg	152mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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2020 | CW32



DINNER



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Drain the **sweetcorn**. Grate the **carrot** (unpeeled). Finely chop the **capsicum**. Finely chop the **garlic** (or use a garlic press). Cut the **chicken thigh** into 2cm chunks.



4. Bake the tortilla chips

While the chilli is simmering, finely chop the **coriander**. In a small bowl, combine **1/2** the **coriander** with **olive oil** (**2 tbs for 2 people / 1/3 cup for 4 people**). Slice the **mini flour tortillas** into wedges and spread out in a single layer over two oven trays lined with baking paper. Season with **salt** and **pepper** and **drizzle** with the **coriander oil**. Bake until golden, **6-8 minutes**. While the tortilla chips are baking, slice the **lemon** into wedges.



2. Cook the chicken

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, stirring, until browned, **4-5 minutes** (the chicken will finish cooking in step 3). Season with **salt** and **pepper** and transfer to a plate.

TIP: If your pan is getting crowded, cook in batches for the best results!



5. Serve up dinner

Reserve **2 portions** of the **chilli**, a handful of **shredded Cheddar cheese**, a little of the **remaining coriander** and **2 lemon wedges** for lunch. Set aside. Divide the **remaining chilli** between bowls. Sprinkle with the **remaining shredded Cheddar cheese** and **coriander**. Top with the **Greek yoghurt** and place the **coriander tortilla chips** on the side for scooping. Serve with the **remaining lemon wedges**.



3. Simmer the chilli

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **sweetcorn**, **carrot** and **capsicum** and cook until softened, **5 minutes**. Add a **drizzle** of **olive oil**, the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Add the **passata** (see ingredients list), **brown sugar** and crumbled **chicken stock** (**1 cube for 2 people / 1 1/2 cubes for 4 people**). Reduce the heat to medium and simmer until thickened, **5 minutes**. Return the **chicken** to the pan and simmer until cooked through, **3-4 minutes**.



6. Make lunch

When you're ready to pack your lunch, divide the **microwavable basmati rice** (no need to heat it first!) and **reserved chilli** between two microwave-safe containers. Top with the **reserved Cheddar cheese**, **coriander** and **lemon wedges**. Refrigerate. At lunchtime, remove the **lemon wedges**. Microwave the **chilli chicken rice bowl** until piping hot, **2-3 minutes**. Squeeze over **lemon juice** to taste.

Enjoy!