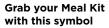


Dinner - Chilli con Chicken with Coriander Tortilla Chips Lunch - Cheesy Chilli Chicken Rice Bowl





















Tex-Mex

Spice Blend

Chicken Thigh





Passata

Chicken Stock





Mini Flour

Coriander



Lemon





Shredded Cheddar Cheese



FOR YOUR LUNCH



Microwavable Basmati Rice



Olive Oil, Brown Sugar



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

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!

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

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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

ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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.



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!



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.



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.



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.



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!