



Quick Chilli Con Chicken

with Red Kidney Beans & Cheddar Cheese

Grab your Meal Kit
with this symbol



Capsicum



Zucchini



Chicken Breast



Red Kidney Beans



Tex-Mex
Spice Blend



Tomato Paste



Baby Spinach
Leaves



Chicken Stock
Powder



Shredded Cheddar
Cheese



Hands-on: **20-30 mins**
Ready in: **25-35 mins**



Carb Smart



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me Early

This low-carb, super speedy meal only requires one pan! Yep, you heard us - it's a one pan wonder that's bursting with classic flavours you know and love.

The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, Butter

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
chicken breast	1 small packet	1 large packet
red kidney beans	½ tin	1 tin
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
baby spinach leaves	1 bag (60g)	1 bag (120g)
chicken stock powder	1 large sachet	2 large sachets
butter*	30g	60g
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2293kJ (548Cal)	393kJ (94Cal)
Protein (g)	52.2g	8.9g
Fat, total (g)	25.4g	4.4g
- saturated (g)	15.1g	2.6g
Carbohydrate (g)	23.6g	4g
- sugars (g)	14.7g	4g
Sodium (mg)	1929mg	331mg
Dietary Fibre (g)	9.5g	1.6g

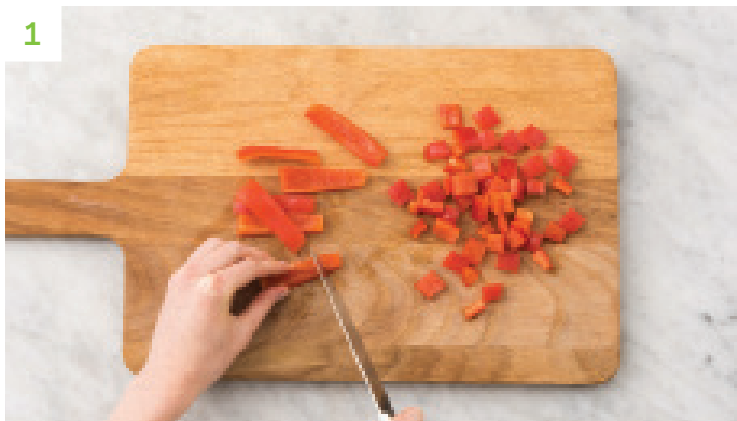
The quantities provided above are averages only.

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.

1



Get prepped

SPICY! This is a mild spice blend, but use less if you're sensitive to heat.

- Cut **capsicum** and **zucchini** into bite-sized pieces.
- Cut **chicken breast** into bite-sized chunks.
- Drain **red kidney beans** (see ingredients).
- In a medium bowl, combine **chicken**, **Tex-Mex spice blend** and a drizzle of **olive oil**.

3



Finish the chilli

- Reduce the heat to medium and add **red kidney beans** (see ingredients) and **chicken** to the **veggies**. Stir to combine.
- Simmer until chicken is cooked through, **2-4 minutes**.
- Add **baby spinach leaves** and **butter**. Stir until melted and season with **salt** and **pepper**.

2



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over a high heat.
- Cook **chicken**, in batches, stirring, until browned, **3-4 minutes**. Transfer to a plate and set aside (the chicken will finish cooking in step 3).
- Return the pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **capsicum** and **zucchini**, stirring, until softened, **4-5 minutes**.
- Add **tomato paste** and cook until fragrant, **1-2 minutes**.
- Reduce the heat to medium, add the **water** and **chicken stock powder**. Simmer until slightly thickened, **3-4 minutes**.

4



Serve up

- Divide the chicken chilli between bowls. Top with **shredded Cheddar cheese**.

Enjoy!