



Cooking Made Easy

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Butterflied Chicken with Homemade Refried Beans

Following the success of National Bring Your Lunch to Work Day (there's a day for everything!) organised by our lovely Elise, we've been doing a lot more cooking for each other. With the new kitchen now in full swing, every couple of weeks we all bring in a dish and sit round for a big family style dinner. Last week this little number was the star of the show!

30 min

spicy



Red Pepper



Yellow Pepper



Coriander



Red Onion



Organic Mixed Beans



Tabasco



Cumin



Tomato Purée



Chicken Breast



Smoked Paprika




Lime




Sour Cream

Ingredients

	2P	4P
Red Pepper, sliced	1	2
Yellow Pepper, sliced	1	2
Coriander, chopped	¼ cup	½ cup
Red Onion, diced	½ cup	1 cup
Organic Mixed Beans	1 tin	2 tins
Tabasco 1	A few drops	A few drops
Cumin	1 tsp	2 tsp
Tomato Purée	1 tbsp	2 tbsp
Chicken Breast	2	4
Smoked Paprika	1 tsp	2 tsp
Lime	½	1
Sour Cream	3 tbsp	6 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites

Nutrition per serving: Calories: 567 kcal | Protein: 45 g | Carbs: 55 g | Fat: 14 g | Saturated Fat: 1 g



1

1 Pre-heat your oven to 220 degrees. Remove the core from the peppers and cut them into chunky slices. Chop up your coriander then peel and finely dice your red onion. Lastly, drain and rinse your mixed beans.



3

2 Coat your peppers in a tsp of olive oil and a good pinch of salt and pepper. Put them in the oven for 20 mins, or until they're soft and a little crispy around the edges.



5

3 Cook your red onion in a non-stick pan on medium-low heat with a tbsp of olive oil. After 5 mins add in the mixed beans, as much tabasco as you dare and the cumin. Add the tomato purée, 5 tbsp of water, a ¼ tsp of salt and a pinch of pepper. Cook with a lid on for 15 mins.



6

4 To 'butterfly' your chicken simply slice through the side of the chicken breasts and open them up like a book. **Tip:** *This is a great way to cut down on cooking time.* Now coat each breast in ½ tsp of olive oil and a sprinkle of fresh coriander.

5 Sprinkle a little of the smoked paprika over each chicken breast together with some of the zest and juice of half the lime. Turn your grill to high heat. Put the chicken directly under the grill and cook on each side for around 6 mins. **Tip:** *The chicken is cooked when slightly browned off and no longer pink in the middle.*

6 Now to make your refried beans! Take out ⅔ of the bean mixture and mash it to a paste using the back of a fork. Now mix the remaining ⅓ into the paste. Check for seasoning and voila, they're done!

7 Slice the chicken lengthways into strips and place it on top of your refried beans. Serve your roasted peppers on the side. Sprinkle over a good helping of your fresh coriander and add a dollop of sour cream. Squeeze over a bit more lime juice for good measure - Andale!