



# Chipotle BBQ Chicken and Bean One Pot

with Spinach, Cheese and Rice

45

Classic 25-30 Minutes • Medium Spice • 1 of your 5 a day



Basmati Rice



Black Beans



Mature Cheddar Cheese



Chipotle Paste



Tomato Puree



Chicken Stock Paste



Diced Chicken Thigh



BBQ Sauce



Baby Spinach



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey, Butter

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Saucepan, lid, sieve, grater and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	40g	60g
Chipotle Paste	20g	30g	40g
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Diced Chicken Thigh**	260g	390g	520g
BBQ Sauce	32g	48g	64g
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	200ml	300ml	400ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	669g	100g	669g	100g
Energy (kJ/kcal)	3413/816	511/122	3152/753	472/113
Fat (g)	29.2	4.4	19.0	2.8
Sat. Fat (g)	12.9	1.9	9.9	1.5
Carbohydrate (g)	92.8	13.9	92.5	13.8
Sugars (g)	13.2	2.0	13.2	2.0
Protein (g)	49.9	7.5	52.7	7.9
Salt (g)	2.74	0.41	2.68	0.40

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt**, then bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave the **rice** to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Simmer the Stew

Bring the **stew** to the boil, then lower the heat and simmer until the **chicken** is cooked through and the **sauce** has thickened, 13-15 mins.

**IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Get Prepped

While the **rice** is cooking, drain and rinse the **black beans** in a sieve.

Grate the **Cheddar cheese**.



## Bring on the BBQ Sauce

Once the **stew** has finished simmering, mix in the **BBQ sauce** and **butter** (see pantry for amount) into the pan until combined and melted. Add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Remove from the heat and taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Chicken and Bean Time

Next, put a large saucepan on medium-high heat. Stir in the **chipotle paste** (add less if you'd prefer things milder), **tomato puree**, **black beans**, **chicken stock paste**, **honey** and **water for the sauce** (see pantry for both amounts).

Once combined, add in the **diced chicken**.

**IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Serve

Share the **rice** between your serving bowls. Top with the **BBQ chicken one pot**. Scatter over the **cheese** to finish.

## Enjoy!