



Creamy Chipotle Chicken Soup

with Crispy Tortilla Chips and Kidney Beans

Classic 20-25 Minutes • Medium Spice

13



Echalion Shallot



Diced Chicken Thigh



Plain Taco Tortillas



Garlic Clove



Red Kidney Beans



Tomato Puree



Chipotle Paste



Chicken Stock Paste



Soured Cream



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

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.

Cooking tools

Saucepan, baking tray, garlic press, bowl and potato masher.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Diced Chicken Thigh**	210g	350g	390g
Plain Taco Tortillas 13)	4	6	8
Garlic Clove**	2	3	4
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	60g	90g	120g
Chipotle Paste	20g	30g	40g
Chicken Stock Paste	20g	30g	40g
Soured Cream** 7)	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	640g	100g	665g	100g
Energy (kJ/kcal)	2937 / 702	459 / 110	2850 / 681	429 / 102
Fat (g)	22.3	3.5	14.6	2.2
Sat. Fat (g)	9.0	1.4	6.8	1.0
Carbohydrate (g)	77.1	12.1	77.0	11.6
Sugars (g)	16.5	2.6	16.6	2.5
Protein (g)	49.6	7.7	57.2	8.6
Salt (g)	3.90	0.61	3.89	0.58

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

Allergens

7) Milk **13)** Cereals containing gluten

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.

Contact

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Cook the Chicken

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the shallot into small pieces.
- Heat a drizzle of oil in a large saucepan on medium-high heat.
- Once hot, add the **diced chicken** and **shallot**. Season with **salt** and **pepper**. Fry until the **chicken** is golden brown all over and the **shallot** is soft, 5-6 mins. **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.



Simmer the Soup

- Stir through the **whole** and **mashed beans**, **chicken stock paste**, **passata**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Bring to the boil, then turn the heat down slightly and simmer, 5-7 mins.



Bake the Tortillas

- Meanwhile, cut each **tortilla** (2 per person) into 8 triangles (use scissors if easier).
- Place on a large baking tray in a single layer (use two trays if needed) and drizzle with **oil**. Season with **salt** and **pepper**.
- When the oven is hot, bake on the top shelf until lightly golden brown and crisp, 5-7 mins. **TIP:** Keep an eye on them as they can brown quickly.



Finish Up

- When the **soup** has finished cooking, remove from the heat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Add a splash of **water** to loosen if needed until it's your desired consistency.



Bring on the Beans

- While the **tortilla chips** bake, peel and grate the **garlic** (or use a garlic press). Pop **half** the **kidney beans** and their **liquid** into a medium bowl, then mash with a potato masher.
- Add the **garlic**, **tomato puree** and **chipotle paste** (add less if you'd prefer things milder) to the **chicken** pan and stir-fry for 1 min.



Garnish Serve

- Share the **chipotle chicken soup** between your bowls.
- Drizzle with the **soured cream** and swirl it in if you'd like.
- Serve with the **tortilla chips** alongside for dipping.

Enjoy!