



Chipotle Spiced Chicken & Black Bean Tostadas with Cheddar and Tomato Salsa

14

Quick 20 Minutes • **Medium Spice** • 2 of your 5 a day



Diced Chicken Thigh



Medium Tomato



Mature Cheddar Cheese



Plain Taco Tortillas



Chipotle Paste



Tomato Puree



Black Beans



Chicken Stock Paste



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey, Mayonnaise

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

Frying pan, bowl, grater and baking tray.

Ingredients

Ingredients	2P	3P	4P
Diced Chicken Thigh**	260g	390g	520g
Medium Tomato	1	2	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Plain Taco Tortillas 13)	4	6	8
Chipotle Paste	20g	30g	40g
Tomato Puree	30g	60g	60g
Black Beans	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	439g	100g	439g	100g
Energy (kJ/kcal)	3220 / 770	734 / 176	2959 / 707	675 / 161
Fat (g)	36.4	8.3	26.2	6.0
Sat. Fat (g)	9.9	2.3	6.9	1.6
Carbohydrate (g)	61.0	13.9	60.7	13.9
Sugars (g)	14.1	3.2	14.1	3.2
Protein (g)	48.3	11.0	51.2	11.7
Salt (g)	3.09	0.71	3.03	0.69

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Chicken

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.

c) Cook until browned all over, 5-6 mins. Turn occasionally. **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.



Start the Sauce

a) Meanwhile, once the **chicken** is browned, add the **chipotle paste** (add less if you'd prefer things milder), **tomato puree**, **black beans** and the **liquid** from the tin, **chicken stock paste** and **honey** (see pantry for amount).

b) Use a fork or a potato masher to gently crush **half the beans**, then stir everything together.



Salsa and Cheese Time

a) Meanwhile, cut the **tomato** into 1cm chunks.

b) Pop the **tomato chunks** into a bowl and add the **olive oil for the salsa** (see pantry). Season with **salt** and **pepper** and mix to combine. Set aside.

c) Grate the **cheese**.



Get Set to Simmer

a) Bring the **chicken mixture** to the boil, then reduce the heat to medium.

b) Simmer until the **sauce** has thickened and the **chicken** is cooked through, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

c) Taste the **mixture** and add more **salt** and **pepper** if you feel it needs it. Add a splash of **water** if it's a little too thick.



Bake the Tostadas

a) Lay the **tortillas** (2 per person) onto a large baking tray in a single layer and rub each with a little **oil**. Season with **salt**.

b) Bake the **tortillas** on the top shelf of the oven until golden and crispy, 4-6 mins. **TIP:** Tostada means 'toasted', so make sure they're crispy!

c) Once golden, remove from your oven. Set aside.



Serve

a) Transfer the **tostadas** to your serving plates.

b) Spoon the **chipotle chicken** on top, top with the **salsa** and sprinkle over the **cheese**.

c) Drizzle over the **mayo** to finish (see pantry for amount).

Enjoy!