



Chipotle Chicken Stew

with Couscous and Sweetcorn

Super Quick 15 Minutes • Medium Spice • 1 of your 5 a day

7



Sweetcorn



Chicken Stock Paste



Couscous



Diced Chicken Thigh



Tomato Puree



Chipotle Paste



BBQ Sauce



Crispy Onions



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, 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

Kettle, sieve, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweetcorn	160g	240g	320g
Chicken Stock Paste	20g	30g	40g
Couscous 13	120g	180g	240g
Diced Chicken Thigh**	260g	390g	520g
Tomato Puree	30g	45g	60g
Chipotle Paste	20g	30g	40g
BBQ Sauce	48g	72g	96g
Crispy Onions 13	1 sachet	1½ sachets	2 sachets
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Water for the Couscous*	200ml	300ml	400ml
Water for the Sauce*	125ml	175ml	250ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	520g	100g	520g	100g
Energy (kJ/kcal)	2909 /695	559 /134	2648 /633	509 /122
Fat (g)	28.0	5.4	17.9	3.4
Sat. Fat (g)	11.2	2.2	8.2	1.6
Carbohydrate (g)	69.1	13.3	68.8	13.2
Sugars (g)	14.7	2.8	14.7	2.8
Protein (g)	41.1	7.9	43.9	8.5
Salt (g)	3.44	0.66	3.38	0.65

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

Allergens

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, cereals containing 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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1



Start Couscous

- Boil a half-full kettle.
- Meanwhile, drain the **sweetcorn** in a sieve.
- Pour the **water for the couscous** (see pantry) and **half the chicken stock paste** into a saucepan. Bring to the boil.
- Remove from the heat, stir in the **couscous** and cover. Leave to the side, 8-10 mins.

3



Simmer Sauce

- Next, stir in the **tomato puree**, **chipotle paste** (add less if you'd prefer things milder), remaining **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Bring to the boil, then lower the heat. Simmer, 3-4 mins.
- Remove from the heat. Stir in the **BBQ sauce** and **butter** (see pantry). Season with **salt** and **pepper**.

2



Fry Chicken

- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, add the **chicken** and **sweetcorn**. Fry, 5-6 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

CUSTOM RECIPE

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

4



Dinner's Ready!

- Share the **couscous** and **chicken stew** between bowls.
- Sprinkle over the **crispy onions**.

Enjoy!