



Creamy Chipotle Chicken Soup

with Crispy Tortilla Chips and Kidney Beans

16

Quick Air Fryer Friendly 20-25 Minutes • Mild Spice • 1 of your 5 a day



Echalion Shallot



Diced Chicken Thigh



Plain Taco Tortillas



Garlic Clove



Red Kidney Beans



Chipotle Paste



Chicken Stock Paste



Tomato Passata



Creme Fraiche



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. Ingredients in red are hot!

Cooking tools

Saucepan, kitchen scissors, 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
Chipotle Paste	20g	30g	40g
Chicken Stock Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Crème Fraîche** 7	75g	120g	150g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	661g	100g	686g	100g
Energy (kJ/kcal)	3168 / 757	479 / 115	3081 / 736	449 / 107
Fat (g)	29.5	4.5	21.8	3.2
Sat. Fat (g)	11.9	1.8	9.6	1.4
Carbohydrate (g)	76.5	11.6	76.4	11.1
Sugars (g)	16.9	2.4	15.9	2.3
Protein (g)	49.2	7.4	56.8	8.3
Salt (g)	3.89	0.59	3.87	0.56

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, 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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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 **high**, cook the recipe in the same way.



Simmer the Soup

- Once the **chicken** is golden, 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.



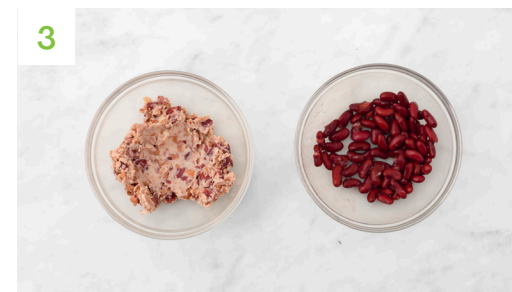
Bake the Tortillas

- 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.



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** and **chipotle paste** (add less if you'd prefer things milder) to the **chicken** pan and stir-fry for 1 min.



Garnish and Serve

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

Enjoy!

Fancy using an air fryer?

If you'd like to use an air fryer, simply swap out the oven steps for the below:

- Preheat your air fryer to 200°C. Prep, oil and season the **tortilla triangles**.
- Once hot, add them to the basket. Bake until lightly golden brown and crispy, 5-7 mins. **TIP:** Don't overcrowd your basket. Bake in batches if necessary.