

Quick Chipotle Chicken Soup

with Homemade Tortilla Chips and Kidney Beans

12

Quick 20-25 Minutes • **Mild Spice** • 1 of your 5 a day



Echalion Shallot



Diced British Chicken Thigh



Plain Taco Tortillas



Garlic Clove



Red Kidney Beans



Chipotle Paste



Chicken Stock Paste



Tomato Passata



Soured Cream



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



On the table in less than 25 minutes, this Quick Chipotle Chicken Soup is speedy but still full of flavour. Chipotle is full of rich, smoky and fruity flavours with a kick from the chipotle chillies.

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

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Diced British Chicken Thigh**	190g	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
Soured Cream** 7)	75g	120g	150g
Diced British Chicken Breast**	240g	390g	480g
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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	665g	100g	690g	100g
Energy (kJ/kcal)	2968 /709	446 /107	2882 /689	418 /100
Fat (g)	22.6	3.4	14.9	2.2
Sat. Fat (g)	9.1	1.4	6.8	1.0
Carbohydrate (g)	78.7	11.8	78.5	11.4
Sugars (g)	16.3	2.4	16.3	2.4
Protein (g)	49.6	7.5	57.2	8.3
Salt (g)	4.09	0.61	4.07	0.59

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

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 has softened, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

↔ Swap to Chicken Breast

If you've chosen **diced chicken breast** instead of **thigh**, 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 soured cream and swirl it in if you'd like.
- Serve with the tortilla chips alongside for dipping.

Enjoy!