



# Chipotle BBQ Chicken and Bean One Pot

with Spinach, Cheese and Rice

45

Classic 25-30 Minutes • Medium Spice • 1 of your 5 a day



Basmati Rice



Black Beans



Mature Cheddar Cheese



Chipotle Paste



Tomato Puree



Chicken Stock Paste



Diced British Chicken Thigh



BBQ Sauce



Baby Spinach



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey, Butter

↔ 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!

## 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, lid, sieve and grater.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	40g	60g
Chipotle Paste	20g	30g	40g
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Diced British Chicken Thigh**	240g	390g	480g
BBQ Sauce	32g	48g	64g
Baby Spinach**	40g	100g	100g
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	200ml	300ml	400ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	669g	100g	669g	100g
Energy (kJ/kcal)	3411 /815	510 /122	3150 /753	471 /113
Fat (g)	29.2	4.4	19.0	2.8
Sat. Fat (g)	12.9	1.9	9.9	1.5
Carbohydrate (g)	92.8	13.9	92.5	13.8
Sugars (g)	12.9	1.9	12.9	1.9
Protein (g)	49.7	7.4	52.6	7.9
Salt (g)	2.73	0.41	2.67	0.40


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

## Allergens

### 7) Milk

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.

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## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt**, then bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave the **rice** to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Get Prepped

While the **rice** is cooking, drain and rinse the **black beans** in a sieve.

Grate the **Cheddar cheese**.



## Flavour Time

Put a large saucepan on medium-high heat.

Stir in the **chipotle paste** (add less if you'd prefer things milder), **tomato puree**, **black beans**, **chicken stock paste**, **honey** and **water for the sauce** (see pantry for both amounts).

Once combined, stir in the **diced chicken**.

**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 Stew

Bring the **stew** to the boil, then lower the heat and simmer until the **chicken** is cooked through and the **sauce** has thickened, 13-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

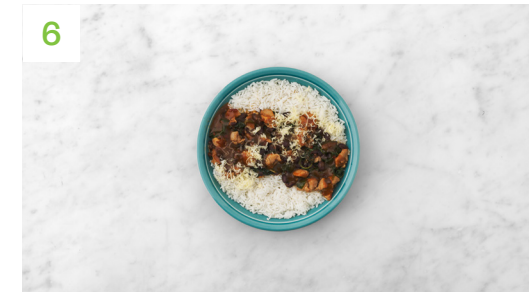


## Bring on the BBQ Sauce

Once the **stew** has finished simmering, mix the **BBQ sauce** and **butter** (see pantry for amount) into the pan until combined and melted.

Add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Remove from the heat and taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Serve

Share the **rice** between your serving bowls.

Top with the **BBQ chicken one pot**.

Scatter over the **cheese** to finish.

## Enjoy!