














Quick Chipotle Chicken Soup

with Homemade Tortilla Chips, Cheese and Kidney Beans

16

Quick 20-25 Minutes • **Medium 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
-  Mature Cheddar Cheese
-  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!

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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, potato masher and grater.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Diced British Chicken Thigh**	190g	390g	480g
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
Mature Cheddar Cheese** 7	30g	40g	60g
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	680g	100g	705g	100g
Energy (kJ/kcal)	3230 / 772	475 / 114	3143 / 751	446 / 107
Fat (g)	27.9	4.1	20.1	2.9
Sat. Fat (g)	12.4	1.8	10.1	1.4
Carbohydrate (g)	78.8	11.6	78.6	11.2
Sugars (g)	16.3	2.4	16.4	2.3
Protein (g)	53.4	7.9	61.0	8.7
Salt (g)	4.37	0.64	4.36	0.62

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.

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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 and 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

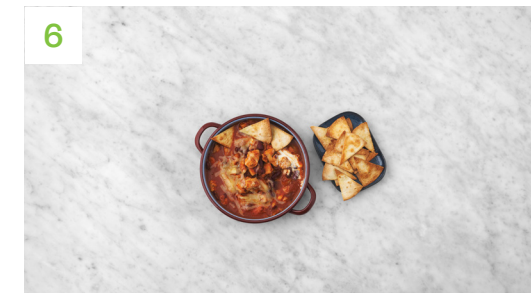
- While the **soup** simmers, grate the **Cheddar cheese**.
- When the **soup** has finished cooking, remove from the heat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** to loosen if it's a little thick.

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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.
- Sprinkle over the **cheese**.
- Serve with the **tortilla chips** alongside for dipping.

Enjoy!