

Easy Smoky Chicken and Black Beans with Rice

Quick 20-25 Minutes • **Medium Spice** • 2 of your 5 a day

16



Basmati Rice



Onion



Diced British
Chicken Breast



Garlic Clove



Black Beans



Mexican Style Spice
Mix



Tomato Passata



Chicken Stock Paste



Smoky Base Paste



Diced Chorizo


Pantry Items

Oil, Salt, Pepper, Honey, Butter, Mayonnaise

+ Add Diced Chorizo

If you choose to add diced chorizo,
then just follow the instructions
on the back of this card.

Happy cooking!



Ready in less than 25 minutes, this Easy Smoky Chicken and Black Beans is quick and full of flavour. We're using Mexican inspired spices and smoky base paste, made with smoked paprika and smoked salt, to bring rich smoky flavour to your dish.

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, saucepan, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion	1	2	2
Diced British Chicken Breast**	240g	390g	520g
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Diced Chorizo** 7)	90g	120g	180g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Honey*	1 tbspc	1½ tbspc	2 tbspc
Butter*	20g	30g	40g
Mayonnaise*	2 tbspc	3 tbspc	4 tbspc

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	605g	100g	650g	100g
Energy (kJ/kcal)	3395 /811	561 /134	4223 /1009	649 /155
Fat (g)	24.1	4.0	40.4	6.2
Sat. Fat (g)	7.4	1.2	13.4	2.1
Carbohydrate (g)	98.9	16.3	100.7	15.5
Sugars (g)	17.8	2.9	18.1	2.8
Protein (g)	50.0	8.3	61.3	9.4
Salt (g)	3.54	0.59	6.13	0.94

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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Get Started

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Flavour

- Add the **black beans, garlic** and **Mexican style spice mix** to the **chicken** and fry until fragrant, 1-2 min.
- Stir in the **passata, smoky base paste, chicken stock paste** and **water for the sauce** (see pantry for amount) until well combined.
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.



Get Frying

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **onion** to the pan and season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

+ Add Diced Chorizo

Add the **chorizo** to the pan with the **chicken** and **onion**. Fry for the same amount of time.



Finish Up

- Once the **sauce** has thickened, stir in the **honey** and **butter** (see pantry for both amounts).
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if the **sauce** is a little too thick.



Finish Prepping

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve.



Serve

- Share the **rice** between your serving bowls.
- Spoon over the **smoky chicken and beans**.
- Finish by drizzling over the **mayo** (see pantry for amount).

Enjoy!