



Creamy Chipotle Chicken Soup

with Crispy Tortilla Chips and Kidney Beans

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

16



Echalion Shallot



Diced Chicken Thigh



Plain Taco Tortilla



Garlic Clove



Red Kidney Beans



Chipotle Paste



Chicken Stock Paste



Tomato Passata



Mature Cheddar Cheese



Soured Cream Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, baking tray, garlic press, potato masher and grater.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Diced Chicken Thigh**	210g	280g	350g
Plain Taco Tortilla 13)	4	6	8
Garlic Clove**	2	3	4
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	45g	60g
Soured Cream** 7)	75g	120g	150g
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
for uncooked ingredient	497g	100g
Energy (kJ/kcal)	2828 /676	569 /136
Fat (g)	27.2	5.5
Sat. Fat (g)	11.9	2.4
Carbohydrate (g)	57.8	11.6
Sugars (g)	12.6	2.5
Protein (g)	41.5	8.4
Salt (g)	3.92	0.79

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, 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 thigh 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.



Cheese Please

- While the soup simmers, grate the Cheddar.



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 the soup if needed until it's your desired consistency.



Start the Soup

- 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 to the chicken pan and stir-fry for 1 min.
- Stir in the whole and mashed beans, chicken stock paste, passata, sugar and water for the sauce (see ingredients for both amounts).
- Bring to the boil, then turn the heat down slightly and simmer for 5-7 mins.



Garnish Serve

- Share the chipotle chicken soup between your bowls.
- Drizzle with the soured cream and swirl it in if you'd like.
- Scatter the cheese over the top to finish.
- Serve with the tortilla chips alongside for dipping.

Enjoy!