



# Superquick Pulled Chicken Chilli

with Lime and Coriander Rice

**EXTRA RAPID** 10 Minutes • Little Heat • 1 of your 5 a day

Nº 12



Black Beans



Biona Chilli Beans



Tomato Passata



Pulled Chicken



Tomato Puree



Coriander



Spring Onion



Cheddar Cheese



Steamed Basmati Rice



BBQ Sauce



Chilli Flakes



Soured Cream

## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Colander, Saucepan and Coarse Grater.

### Ingredients

	2P	3P	4P
Black Beans	1 carton	1½ carton	-
Biona Chilli Beans	-	-	2 tins
Tomato Passata	1 carton	1½ cartons	-
Pulled Chicken	240g	360g	480g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Coriander	½ bunch	1 bunch	1 bunch
Spring Onion	1	2	2
Cheddar Cheese 7)	1 block	2 blocks	2 blocks
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Chilli Flakes	a pinch	a pinch	a pinch
Soured Cream 7)	75g	100g	150g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	574g	100g
Energy (kJ/kcal)	2822 /675	492 /118
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	69	12
Sugars (g)	17	3
Protein (g)	50	9
Salt (g)	2.96	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. Cook the Chilli

a) If you have got plain **black beans** instead of **chilli beans**, drain and rinse the **black beans** in a colander.

b) Pop a large saucepan on a medium heat, add the **chilli beans** or **black beans** and **passata** (depending on which **beans** you've been sent). Add the **chicken** and **tomato puree** to the pan, season with **salt** and **pepper**, stir to combine.

c) Allow to bubble away until the **sauce** has thickened and the **meat** is piping hot, 4-5 mins.

d) Meanwhile, roughly chop the **coriander** (stalks and all).

e) Trim the **spring onion** and thinly slice. Grate the **cheddar cheese**.

## 2. Add the BBQ Sauce

a) Cook the **rice** according to pack instructions.

b) Stir the **BBQ sauce** and **half** the **chilli flakes** into the **chicken** and **chilli bean mixture**. **TIP:** Add less chilli flakes if you don't love spice! **TIP:** Add a splash of water if the chilli needs loosening up.

c) Bring back to the boil then remove from the heat.

d) Season to taste with **salt** and **pepper**.

## 3. Serve

a) Share the **rice** between your bowls.

b) Spoon the **chicken chilli** on top.

c) Sprinkle over the **cheese**, top with a dollop of **soured cream** followed by the **spring onion**, **coriander** and a pinch of **chilli** to finish!

Enjoy!