



WARMING CHICKEN TINGA

with Herbed Rice and Zesty Soured Cream



HELLO CINNAMON

Cinnamon trees can grow up to 60 feet tall!



Ground Cumin



Ground Cinnamon



Chipotle Ketchup



Diced Chicken Breast



Chicken Stock Powder



Basmati Rice



Onion



Baby Gem Lettuce



Coriander



Lime



Soured Cream



Finely Chopped Tomatoes

If you've never made chicken tinga (pronounced teen-ga) before, you're in for a real treat tonight. Originating from Puebla, Mexico, chicken tinga is a versatile dish of tender chicken in a tomato and chipotle sauce which is traditionally served with tacos or tostadas. Because it's good to be a little bit different, Chef Lizzie decided to serve it with coriander rice, a limey salad and zesty soured cream.

40 mins

2.5 of your 5 a day

Medium heat

MEAL BAG

21

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, some **Clingfilm**, a **Measuring Jug**, **Large Saucepan** (with a **Lid**), a **Fine Grater** and **Frying Pan**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Put the **ground cumin**, **ground cinnamon** and **chipotle ketchup** in a mixing bowl with a pinch of **salt**. Stir together. Add the **chicken** to the bowl. Coat the **chicken** in the **spices**. Cover with some clingfilm and leave in the fridge until you need it. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



2 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add **half** the **stock powder**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave 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).



3 PREP THE VEGGIES

Meanwhile, halve, peel and thinly slice the **onion**. Trim the **lettuce**, halve lengthways then slice widthways as thinly as you can and pop in a large bowl. Roughly chop the **coriander** (stalks and all). Zest the **lime**, then cut into **wedges**. Add the **soured cream** to a small bowl and stir in the **lime zest** with a pinch of **salt** and **pepper**.



4 STIR-FRY THE CHICKEN

Heat a drizzle of **oil** in a frying pan on high heat. Once hot, add the **chicken** and all of its **marinade**. Stir-fry until browned all over, 6 mins. Lower the heat to medium and add the **onion**, along with a pinch of **sugar** (if you have some). Cook, stirring occasionally, until softened, 5 mins.



5 SIMMER THE SAUCE

Stir the **finely chopped tomatoes** and remaining **stock powder** into your frying pan. **★ TIP:** Make sure you scrape up any bits stuck to the pan! Bring to the boil, lower the heat and simmer until the **sauce** has reduced and thickened, 10 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Meanwhile, add a squeeze of **lime juice** to the **lettuce** along with a pinch of **salt** and **pepper**. Toss to combine.



6 FINISH AND SERVE

When the **rice** is cooked, fluff it up with a fork and stir through **half** the **coriander**. Stir the remaining **coriander** through the **chicken tinga** and add a squeeze of **lime juice** if you think it needs it. Serve the **rice** topped with the **chicken tinga** and the **zingy lettuce** on the side. Add a dollop of **zesty soured cream** and finish with any remaining **lime wedges**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Ground Cumin	½ small pot	¾ small pot	1 small pot
Ground Cinnamon	1 pot	1½ pots	2 pots
Chipotle Ketchup 10)	1 sachet	1½ sachets	2 sachets
Diced Chicken Breast *	280g	420g	560g
Water*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Basmati Rice	150g	225g	300g
Onion *	1	1	2
Baby Gem Lettuce *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1½	2
Soured Cream 7) *	1 pouch	1½ pouches	2 pouches
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 666G	PER 100G
Energy (kJ/kcal)	3040 / 727	457 / 109
Fat (g)	21	3
Sat. Fat (g)	12	3
Carbohydrate (g)	87	2
Sugars (g)	19	13
Protein (g)	46	7
Salt (g)	1.78	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery

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.

THUMBS UP OR THUMBS DOWN?

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