



# MACKENZIE'S MEXICAN CHILI CON CHICKEN

with Homemade Tortilla Chips



Make your own  
tortilla chips!



Chicken Thigh



Green Capsicum



Carrot



Sweetcorn



Garlic



Red Kidney Beans



Coriander



Tex-Mex Spice Blend



Passata



Chicken Stock



Mini Flour Tortillas



Greek Yoghurt

Hands-on: **20 mins**  
Ready in: **45 mins**

Eat me early

Our recipe developers say the best part of their job is knowing that people really do cook and enjoy their recipes. It makes all the hard work worthwhile! And so, in honour of one of our youngest fans, please enjoy Mackenzie's favourite Mexican chili con chicken!

**Pantry Staples:** Olive Oil, Brown Sugar

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, colander, large frying pan, wooden spoon, plate** and **two oven trays** lined with **baking paper**.



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Cut the **chicken thigh** into 1 cm cubes. Finely chop the **green capsicum**. Finely chop the **carrot** (unpeeled). Peel and crush the **garlic**. Roughly chop the **coriander**. Drain the **sweetcorn**. Drain and rinse the **red kidney beans**.



### 2 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a large frying pan over a high heat. Add the **chicken** cubes and cook, stirring, for **4-5 minutes**, or until brown. Transfer to a plate and set aside.



### 3 COOK THE VEGGIES

Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **green capsicum, carrot** and **sweetcorn** and cook, stirring, for **5 minutes**, or until softened. Add the **garlic** and **Tex-Mex spice blend** and cook for **1-2 minutes**, or until fragrant.

**TIP:** If you are sensitive to spice, use less spice blend! Add the **passata** and **brown sugar** and crumble in the **chicken stock** cube. Simmer for **5 minutes**, or until slightly thickened.



### 4 BAKE THE TORTILLA CHIPS

While the veggies are simmering, cut the **mini flour tortillas** into quarters. Divide the tortillas between the two oven trays lined with baking paper, arranging them in a single layer. **TIP:** Arranging the tortillas in a single layer ensures they cook evenly and in the allocated time. **Brush** (or **spray**) with **olive oil** and season with a **pinch of salt** and **pepper**. Bake for **5-7 minutes**, or until lightly golden and crisp.



### 5 ADD THE CHICKEN

While the tortilla chips are baking, add the **red kidney beans** and **chicken** to the frying pan with the veggies and stir to combine. Simmer until the tortilla chips are ready and the chicken is cooked through.



### 6 SERVE UP

Divide Mackenzie's Mexican chili con chicken between bowls. Top with a dollop of **Greek yogurt**. Garnish with the coriander and serve the homemade tortilla chips on the side for scooping.

**TIP:** For kids, follow our serving suggestion in the main photo!

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
chicken thigh	1 packet
green capsicum	1
carrot	2
garlic	2 cloves
coriander	1 bunch
sweetcorn	1 tin (300 g)
red kidney beans	1 tin (400 g)
Tex-Mex spice blend	2 sachets
passata	1 carton (500 g)
brown sugar*	½ tsp
chicken stock	1 cube
mini flour tortillas	12
Greek yoghurt	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3190kJ (762Cal)	453kJ (108Cal)
Protein (g)	50.3g	7.1g
Fat, total (g)	28.0g	4.0g
- saturated (g)	7.0g	1.0g
Carbohydrate (g)	67.7g	9.6g
- sugars (g)	16.5g	2.3g
Sodium (g)	1400mg	199mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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