



MACKENZIE'S MEXICAN CHILLI CON CHICKEN

with Homemade Tortilla Chips



Make your own
tortilla chips!



Red Capsicum



Carrot



Garlic



Chicken Thigh



Sweetcorn



Red Kidney
Beans



Tex-Mex
Spice Blend



Crushed & Sieved
Tomatoes



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 chilli con chicken!

Pantry Staples: Olive Oil, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan** • **two oven trays** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **red capsicum**. Finely chop the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Cut the **chicken thigh** into 1cm pieces. 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** and cook, stirring, until browned, **4-5 minutes**. Transfer to a plate and set aside (the chicken will finish cooking in step 5).



3 COOK THE VEGGIES

SPICY! *This is a mild spice blend, but if you or the kids are very sensitive to spice, you may want to add less.* Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **capsicum**, **carrot** and **sweetcorn** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1-2 minutes**. Add the **crushed & sieved tomatoes**, **brown sugar** and **chicken stock**. Simmer until slightly thickened, **4-5 minutes**.



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. Brush (or spray) with **olive oil** and season with a **pinch** of **salt** and **pepper**. Bake until lightly golden and crisp, **5-7 minutes**.

TIP: *Arranging the tortillas in a single layer ensures they get evenly crisp.*



5 FINISH THE CHILLI CON 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 chilli con chicken between bowls. Top with a dollop of **Greek yoghurt**. Serve the homemade tortilla chips on the side for scooping.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red capsicum	1
carrot	2
garlic	2 cloves
chicken thigh	1 packet
sweetcorn	1 tin (410g)
red kidney beans	1 tin
Tex-Mex spice blend	2 sachets
crushed & sieved tomatoes	1 tin (400 g)
brown sugar*	½ tsp
chicken stock	1 sachet
mini flour tortillas	12
Greek yoghurt	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3160kJ (754Cal)	466kJ (111Cal)
Protein (g)	49.9g	7.4g
Fat, total (g)	27.9g	4.1g
- saturated (g)	6.9g	1.0g
Carbohydrate (g)	66.6g	9.9g
- sugars (g)	15.5g	2.3g
Sodium (g)	1370mg	202mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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