

Dinner - Chilli Con Chicken & Coriander Tortilla Chips

Lunch - Cheesy Chilli Chicken Rice Bowl

Grab your Meal Kit with this symbol



Sweetcorn



Carrot



Celery



Garlic



Chicken Breast



Tex-Mex Spice Blend



Crushed & Sieved Tomatoes



Chicken-Style Stock Powder



Coriander



Mini Flour Tortillas



Lemon



Shredded Cheddar Cheese



Yoghurt

For your lunch



Microwavable Basmati Rice

DINNER
Hands-on: 35-45 mins
Ready in: 40-50 mins

Eat me early

LUNCH
Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Feast on a bowl of mild chicken chilli with homemade tortilla chips for dinner, then pack up a rice and chilli bowl with cheese for lunch. Extra delicious!

Pantry items

Olive Oil, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin	2 tins
carrot	2	3
celery	1	2
garlic	2 cloves	3 cloves
chicken breast	1 large packet	1 small packet & 1 large packet
Tex-Mex spice blend	1 sachets	3 sachets
crushed & sieved tomatoes	1 tin	2 tins
brown sugar*	1 tsp	2 tsp
chicken-style stock powder	1 sachet	¾ sachet
coriander	1 bunch	1 bunch
mini flour tortillas	6	12
lemon	½	1
shredded Cheddar cheese	1 packet (100g)	2 packets (150g)
yoghurt	1 small packet	1 large packet
microwavable basmati rice	1 packet	1 packet

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	3620kJ (865Cal)	579kJ (138Cal)
Protein (g)	49.6g	7.9g
Fat, total (g)	43.2g	6.9g
- saturated (g)	13.2g	2.1g
Carbohydrate (g)	63.6g	10.2g
- sugars (g)	17.7g	2.8g
Sodium (mg)	1380mg	221mg

Dinner	Per Serving	Per 100g
Energy (kJ)	2440kJ (583Cal)	421kJ (101Cal)
Protein (g)	43.4g	7.5g
Fat, total (g)	20.8g	3.6g
- saturated (g)	9.3g	1.6g
Carbohydrate (g)	51.5g	8.9g
- sugars (g)	12.4g	2.1g
Sodium (mg)	737mg	127mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Drain the **sweetcorn**. Grate the **carrot** (unpeeled). Finely chop the **celery**. Finely chop the **garlic**. Cut the **chicken breast** into 2cm chunks.



4. Bake the tortilla chips

While the chilli is simmering, finely chop the **coriander**. In a small bowl, combine 1/2 the **coriander** with **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people). Cut the **mini flour tortillas** into wedges and spread over two oven trays lined with baking paper. Season with **salt** and **pepper** and drizzle the **tortillas** with the **coriander oil**. Toss to coat, then bake until golden, **6-8 minutes**. While the tortilla chips are baking, slice the **lemon** into wedges.



2. Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing, until browned, **4-5 minutes** (cook in batches if your pan is getting crowded). Season with **salt** and **pepper** and transfer to a plate.

TIP: The chicken will finish cooking in step 3!



5. Serve up dinner

Reserve **2 portions** of the **chilli chicken**, a handful of **shredded Cheddar cheese**, a little of the remaining **coriander** and **2 lemon** wedges for lunch. Set aside. Divide the remaining **chilli chicken** between bowls. Sprinkle with the remaining **shredded Cheddar cheese** and **coriander**. Top with the **yoghurt** and serve with the **coriander tortilla chips**. Serve with the remaining **lemon** wedges.



3. Simmer the chilli

Return the pan to a medium-high heat with a drizzle of **olive oil**. Add the **sweetcorn**, **carrot** and **celery** and cook until softened, **4-5 minutes**. Add a drizzle of **olive oil**, the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Add the **crushed & sieved tomatoes**, **brown sugar** and **chicken-style stock powder** (see ingredients). Reduce the heat to medium and simmer until thickened, **5 minutes**. Return the **chicken** to the pan and simmer until cooked through, **3-4 minutes**. Season with **salt** and **pepper**.



6. Prepare your lunch

When you're ready to pack lunch, divide the **microwavable basmati rice** (no need to heat it first!) and reserved **chilli chicken** between two microwave-safe containers. Top with the reserved **shredded Cheddar cheese**, **coriander** and **lemon** wedges. At lunch time, remove the **lemon** wedges. Microwave the **chilli chicken rice** until piping hot, **2-3 minutes**. Squeeze over **lemon juice** to taste.

Enjoy!