



Quick Mexican Pulled Chicken & Red Kidney Bean Bowl

with Avocado & Creamy Spinach Slaw

Grab your Meal Kit
with this symbol



Baby Spinach
Leaves



Tomato



Avocado



Red Kidney
Beans



Pulled Chicken



Mexican Fiesta
Spice Blend



Tomato Paste



Chicken-Style
Stock Powder



Slaw Mix



Mayonnaise



Hands-on: **20-30** mins
Ready in: **20-30** mins



Eat Me Early



Carb Smart



Spicy (Mexican
Fiesta spice blend)

You've heard of pulled pork, but pulled chicken is now all the rage! It's so tender, and with a mildly-spiced tomato sauce, plus creamy avocado, this meal is a feast of colourful and delicious Mexican flavours. Eat up!

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	2
avocado	1	2
red kidney beans	½ tin	1 tin
pulled chicken	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
butter*	20g	40g
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 packet (40g)	1 packet (80g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2710kJ (647Cal)	588kJ (140Cal)
Protein (g)	32g	6.9g
Fat, total (g)	48.1g	10.4g
- saturated (g)	12.9g	2.8g
Carbohydrate (g)	23.1g	5g
- sugars (g)	8.4g	1.8g
Sodium (mg)	1780mg	386mg
Dietary Fibre (g)	15g	3.3g

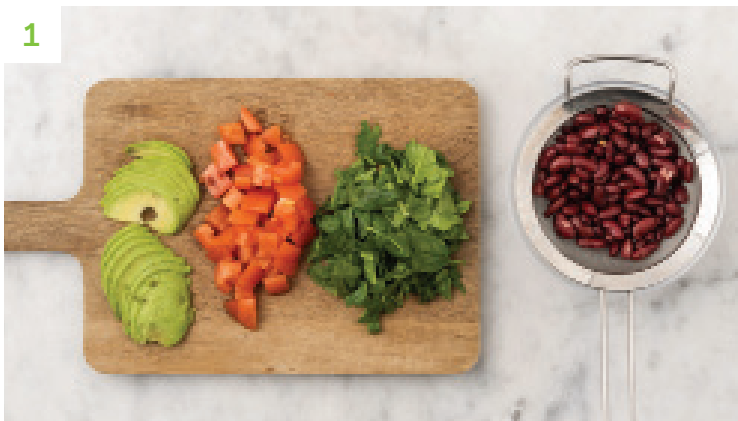
The quantities provided above are averages only.

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.

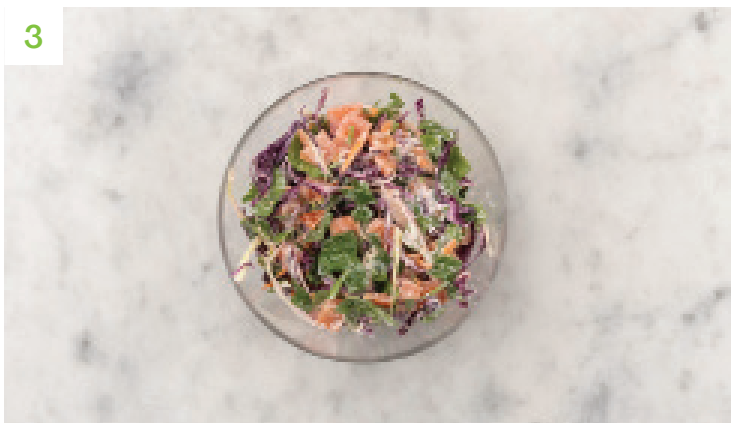
1



Get prepped

- Roughly chop **baby spinach leaves** and **tomato**. Slice **avocado** in half, scoop out flesh and thinly slice. Drain and rinse **red kidney beans** (see ingredients).

3



Toss the slaw

- Meanwhile, add **tomato**, **baby spinach**, **slaw mix**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste and toss to combine.

2



Cook the chicken & beans

- SPICY!** The spice blend is hot, use less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **kidney beans**, **pulled chicken** and a dash of **water**, breaking up with a spoon, until browned, **2-3 minutes**. Add **Mexican Fiesta spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- Reduce the heat to medium, then add the **water**, the **butter** and **chicken-style stock powder** and simmer until slightly thickened, **1-2 minutes**. Season to taste.

4



Serve up

- Divide spinach slaw between bowls.
- Top with Mexican pulled chicken and red kidney beans.
- Serve with avocado slices.

Enjoy!