

Chipotle Chicken Bowl

with Quinoa and Guacamole

Spice up your evening with this fiesta dinner!

Cals 1043 • Prot 69 • Carbs 88 • Fat 51

hellochef.com • 04-825-44-00 • hello@hellochef.com



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken mince	400	600	800	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Vegetable oil	2	3	4	Tbsp
Salt	0.5	0.5	0.5	Tsp
Tomato paste	70	70	140	Grams
Taco seasoning	10	15	20	Grams
Smoked paprika powder	2	2	4	Grams
Chipotle powder	2	2	2	Grams
Mild tomato salsa	60	90	120	Grams
Brown sugar	5	5	10	Grams
Water	100	150	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Black pepper	0.5	0.5	0.5	Tsp
Quinoa				
White quinoa	150	200	300	Grams
Water	300	400	600	ML
Salt	0.5	1	1	Tsp
Guacamole				
Lime	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Avocado	1	2	2	Piece
Salt	0.5	0.5	1	Tsp
To serve				
Cherry tomatoes	150	250	300	Grams
Sour cream 4*	60	90	120	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4364 / 1043
Fat (g)	50.5
of which saturates (g)	13.4
Carbohydrate (g)	88
of which sugars (g)	12.6
Fiber (g)	18.4
Protein (g)	69
Salt (g)	4.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Washing quinoa with warm water before draining it, helps remove any bitter-tasting components known as saponins from its surface.



4 Simmer

Reduce the heat to medium. Add the **tomato salsa, sugar, measured water** and **stock cube** and simmer for 5 min. Once cooked, season to taste with **salt** and **pepper**.



2 Prep

Meanwhile, peel and finely chop the **onion**. Peel and mince the **garlic**. Slice the **lime** into wedges. Chop the **cherry tomatoes** in half. Finely chop the **coriander**.



5 Make guacamole

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Add to a bowl. Squeeze in the juice of half of the **limes**. Mash the **avocado** with a fork, leaving some bits chunky. Add half of the **coriander** and season well with **salt**.



3 Fry chicken

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken mince** and **onion** with a pinch of **salt**. Fry for 5-7 min or until the **chicken** is browned and starts to crisp. Add the **garlic, tomato paste, taco seasoning (spicy!), smoked paprika** and a pinch of **chipotle (spicy!)**. Fry for 1 min further.

Tip! Make sure your pan is hot so the chicken doesn't stew.



6 Serve

Divide the **quinoa** among bowls and top with the spiced **chicken, guacamole, tomatoes**, and **sour cream**. Garnish with the remaining **coriander**. Serve the remaining **lime** wedges alongside.