

One-pan Barbecue Chicken, Pinto Bean and Cheddar Hot-Pot

hellóchef

This dish takes inspiration from cowboy beans, a popular dish from the American Southwest.

Cals 550 • Prot 57 • Carbs 51 • Fat 18

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Before you start

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

Ingredients

Hot-pot	2 ppl	3 ppl	4 ppl	
Pulled chicken	300	600	600	Grams
Carrot	1	1	2	Piece
Cherry tomatoes	150	250	300	Grams
Spring onion	40	60	80	Grams
Pinto beans	240	480	480	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Garlic paste	10	15	20	Grams
Onion powder	2	2	4	Grams
Smoked paprika powder	2	4	4	Grams
Cayenne powder	2	2	4	Grams
Tomato paste	70	70	140	Grams
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Water	200	300	400	ML
Red vinegar	15	22	30	ML
Barbecue sauce 11*, 13*	60	80	120	Grams
Grated cheddar 4*	60	90	120	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *11 Gluten, *13 Mustard

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)	2302 / 550
Fat (g)	18.1
of which saturates (g)	12
Carbohydrate (g)	51
of which sugars (g)	19
Fiber (g)	11
Protein (g)	56.6
Salt (g)	6.5

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



1 Prep vegetables

Peel and grate the **carrots**. Slice the **cherry tomatoes** in half. Trim and finely chop the **spring onion**. Drain and rinse the **pinto beans**.



2 Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **carrots** and **tomatoes** with a pinch of **salt** and fry for 3 min. Add the **garlic paste**, **onion powder**, **smoked paprika**, **cayenne powder (spicy!)**, **tomato paste** and {0.5/1/1} **chicken stock cube**. Fry for 1 min further.

Tip! Sensitive to spice? Go easy on the cayenne powder.



3 Simmer

Add the **measured water**, **red vinegar**, **barbecue sauce**, **pinto beans** and the **pulled chicken**. Bring to a simmer, reduce the heat to medium and simmer, covered for 10 min.



4 Serve

Divide the **barbecue chicken** and **pinto bean** among bowls and immediately top with the **grated cheddar** and **spring onion**.