

# Mexican Chicken and Veggie

## One Pot

**hellóchef**

This one pot wonder makes eating three of your five-a-day easy!

Cals 750 • Prot 82 • Carbs 41 • Fat 28

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🕒 cook: 35 min

R2904



Before you start

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

Ingredients

Chicken pan	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Red pepper	1	2	2	Piece
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Small zucchini	2	3	4	Piece
Red kidney beans	240	240	480	Grams
Vegetable oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Tomato paste	50	70	70	Grams
Taco seasoning	10	15	20	Grams
Chipotle powder	2	2	4	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Water	200	300	400	ML
Sour cream 4*	60	90	120	Grams
Grated orange cheddar 4*	60	90	120	Grams
Grated mozzarella 4*	60	90	120	Grams
To serve				
Fresh coriander	15	15	15	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)	3136 / 750
Fat (g)	27.6
of which saturates (g)	19.1
Carbohydrate (g)	41
of which sugars (g)	10.8
Fiber (g)	14.3
Protein (g)	82.2
Salt (g)	5.4

\*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

De-seed and slice the **pepper**. Peel and slice the **onion**. Peel and mince the **garlic**. Chop the **zucchini** into half-moons. Rinse and drain the **kidney beans**.



2 Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through. Transfer the **chicken** to a plate and set aside. Reserve the pan.



3 Fry vegetables

Return the pan to a medium high heat with a second drizzle of **oil**. Once hot add the **onions** and **peppers** with a pinch of **salt** and fry for 3 min. Add the **zucchini, garlic, tomato paste, taco seasoning (spicy!)** and a pinch of **chipotle (spicy!)**. Fry for 2 min further.

**Tip!** If you're cooking for 3 or 4, use two pans.



4 Simmer

Add the **kidney beans, stock cube** and **measured water**. Cover with a lid and simmer for 3 min.



5 Add cheese

Finally, fold in the **sour cream**. Return the **chicken** to the pan and top with the **cheeses**. Cover with a lid and cook for 1 final min. Remove the pan from the heat and set aside for 2-3 min or until the **cheese** has melted.



6 Serve

Garnish with the **fresh coriander** and serve immediately.