



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

Cooking Time: 30 min | Gluten-Free
Cals 803 | Prot 81 | Carbs 58 | Fat 28

Tips For Fussy Eaters

Can't handle the heat? Go easy on the chipotle powder!

Pro Tip

Serve with nachos!

Ingredients

For 2 For 3 For 4

Chicken pan

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
Broccoli	200	300	400	Grams
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
Water	150	225	300	ML
Sour cream	60	90	120	Grams
Grated orange cheddar	60	90	120	Grams
Grated mozzarella	60	90	120	Grams

To serve

Fresh coriander	15	15	15	Grams
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1 Prep vegetables

Slice the **pepper**. Peel and slice the **onion**. Peel and mince the **garlic**. Chop the **zucchini** and **broccoli**. 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.



3 Fry vegetables

If you're cooking for 3 or 4, use two pans. Add a second drizzle of **oil** to the pan along with the bell **pepper** and **onion**. Fry with a pinch of **salt** for 3 min. Add the **zucchini**, **broccoli**, **garlic**, **tomato paste**, **taco seasoning (spicy!)** and **chipotle (spicy!)**. Fry for 2 min further.



4 Simmer

Return the **chicken** to the pan. Add the **kidney beans** and **measured water**. Cover with a lid and simmer for 3 min.



5 Add cheese

Finally, fold in the **sour cream**. 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.



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