

# Queso Chicken and Bean Chilli

with Nachos

hellóchef

What a great excuse to have crisps for dinner!

Cals 1234 • Prot 78 • Carbs 82 • Fat 65

hellochef.com • 04-383-93-99 • hello@hellochef.com



🕒 cook: 40 min

R2950

Before you start

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

Ingredients

Chilli	2 ppl	3 ppl	4 ppl	
Chicken mince	400	600	800	Grams
Black pepper	0.5	1	1	Tsp
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Red kidney beans	240	240	480	Grams
Vegetable oil	2	3	4	Tbsp
Chicken stock cube 4*, 5*, 9*, 15*	0.5	0.5	1	Piece
Salt	0.5	1	1	Tsp
Cumin powder	2	2	4	Grams
Chipotle powder	2	4	4	Grams
Smoked paprika powder	2	4	4	Grams
Brown sugar	5	5	10	Grams
Tomato paste	30	50	70	Grams
Tomato passata	200	400	400	Grams
Sriracha sauce	14	21	28	Grams
Water	200	200	400	ML
Cream cheese 4*	80	120	160	Grams
Grated orange cheddar 4*	60	90	120	Grams
Red pepper	1	1	2	Piece
To serve				
Sour cream 4*	60	90	120	Grams
Jalapeno slices	30	45	60	Grams
Nachos	120	160	200	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)	5165 / 1234
Fat (g)	65.1
of which saturates (g)	28.7
Carbohydrate (g)	82
of which sugars (g)	20.9
Fiber (g)	16.7
Protein (g)	78.4
Salt (g)	5.5

\*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

De-seed and roughly chop the **pepper**. Peel and finely chop the **onion** and **garlic**. Rinse and drain the **red kidney beans**.



2 Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken mince, pepper** and **onion** and fry with a pinch of **salt** for 5 min. Add the **garlic, cumin, chipotle (spicy!), smoked paprika, brown sugar, tomato paste** and **sriracha (spicy!)**. Fry for 1 min further.



3 Simmer

Add the **tomato passata, measured water, {0.5/0.5/1} stock cube, black pepper** and **kidney beans**. Bring to a simmer, cover with a lid and stew for 15 min.

**Tip!** Cook the chilli in advance, up until step 3 (simmer for longer, time permitting!) and refrigerate. Reheat just in time for dinner and make sure to add the cheeses at the end.



4 Add cheese

After 15 min, add the **cream cheese** and **grated cheddar**. Stir until the **cheese** has melted into the **chilli**. Check the seasoning and add a pinch of **salt** and **pepper** if needed.



5 Serve

Divide the **chicken chilli** among bowls. Top with a dollop of **sour cream** and the **jalapeno slices (spicy!)**. Serve with the **nachos**.