



Cooking Made Easy

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## Mexican Black Bean and Chicken Stew with Rice and Sour Cream

According to research blackbeans contain as many antioxidants as blueberries and brussel sprouts! Blackbeans also slow down the ageing process, as does red wine! So a delicious portion of black bean and chicken stew with a glass of red wine will get you looking ten years younger ;-)

 35 mins

 spicy

 gluten free



Red Onion



Garlic Clove



Red Pepper



Vine Tomato



Cumin



Chicken Thigh



Basmati Rice



Chipotle Paste



Oregano



Organic Black Beans



Chicken Stock Pot



Coriander



Sour Cream

## Ingredients

	2P	4P
Red Onion, sliced	1	2
Garlic Clove, chopped	1	2
Red Pepper, sliced	1	2
Vine Tomato, chopped	1	2
Cumin	1 tsp	2 tsp
Chicken Thigh	3	6
Basmati Rice	1 cup	2 cups
Chipotle Paste	1 tsp	2 tsp
Oregano	3 sprigs	5 sprigs
Organic Black Beans	1 tin	2 tins
Chicken Stock Pot	½	1
Coriander, chopped	2 tbsp	4 tbsp
Sour Cream <b>1</b>	½ pot	1 pot

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Milk

**Nutrition per serving:** Calories: 745 kcal | Protein: 40 g | Carbs: 112 g | Fat: 16 g | Saturated Fat: 7 g



**1** Peel the onion, cut in half through the root and then thinly slice widthways into half moons. Peel and chop your garlic. Remove the core from your pepper and slice it into strips. Cut your tomato in half, then into quarters and then chop each quarter into four.



**2** Add 1 tbsp of olive oil to a pan on medium heat. Add the onion and garlic and cook for 3 mins. Add the cumin and cook for another 3 mins.



**3** While your onion and garlic is cooking, cut up your chicken into 3cm pieces and when the onion and garlic has softened (after 6 mins) add the chicken to the pan. Cook for about 4 mins making sure the outside of the chicken pieces are cooked. **Tip:** *You don't have to completely cook your chicken at this stage.*



**4** Boil 350ml water in a pot with a pinch of salt. Once boiling, add your rice to the pot and turn the heat to low. Cover the pot with a lid and simmer for 10 mins. After 10 mins, remove the pot from the

heat and leave to rest for another 10 mins. **Tip:** *Don't peek under the lid until the 20 mins are up!*

**5** Add the chipotle paste to the pan with the chicken along with the pepper, oregano sprigs and chopped tomato. Stir together and cook for about 3 mins until everything has softened a little.

**6** Drain the black beans, put them in a sieve and run some cold water through them to rinse them. Add the beans to the chicken pan along with half your stock pot and 250ml water. Simmer on a low heat uncovered for 15 mins until it thickens up and the vegetables are soft. **Tip:** *Stir occasionally to stop it sticking to the bottom of the pan.*

**7** Roughly chop your coriander and have a quick kitchen tidy while everything is cooking! When the sauce is finished, take the oregano sprigs out of the stew and discard. Serve the rice with the stew on top, a dollop of sour cream and a sprinkling of coriander. Enjoy!