



COLOMBIAN-STYLE CHICKEN STEW

Chicken Thighs with Peppers, Potatoes & Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



1 | 2
Green Bell
Pepper



2 Cloves | 4 Cloves
Garlic



2 | 4
Tomatoes



12 oz | 24 oz
Potatoes*



¼ oz | ½ oz
Cilantro



¾ Cup | 1½ Cups
Jasmine Rice



10 oz | 20 oz
Diced Chicken
Thighs



1 TBSP | 2 TBSP
Fry Seasoning



1 tsp | 1 tsp
Cumin



2 | 4
Chicken Stock
Concentrates



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THERE TOO. SCAN HERE TO GET HELP!



*The ingredient you received may be a different color.

HISPANIC HERITAGE MONTH

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PREP: 15 MIN | COOK: 40 MIN | CALORIES: 760



HELLO

SUDADO DE POLLO

The classic Colombian recipe inspired this chicken stew.

GO GREEN

Did you know that cilantro stems are edible and super flavorful? Chop them as finely as possible for the best texture.

BUST OUT

- Small pot
- Large pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Wash and dry produce.
- Halve, peel, and dice **onion** into ¼-inch pieces. Core and dice **bell pepper** into ½-inch pieces. Peel and mince or grate **garlic**. Dice **tomatoes** into ½-inch pieces. Dice **potatoes** into 1-inch pieces. Roughly chop **cilantro**.



2 COOK RICE

- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



3 START STEW

- Heat a **drizzle of oil** in a large pot over medium-high heat. Add **onion** and **bell pepper**; cook, stirring occasionally, until softened, 4-6 minutes.
- Add **garlic** and **tomatoes**; season with **salt** and **pepper**. Cook, stirring occasionally, until garlic is fragrant and tomatoes are slightly softened, 1-2 minutes more.



4 ADD CHICKEN

- Meanwhile, open package of **chicken*** and drain off any excess liquid.
- Add chicken and **potatoes** to pot with **veggies**. Season with **Fry Seasoning**, **half the cumin (all for 4 servings)**, **salt**, and **pepper**; stir to combine.



5 FINISH STEW

- To same pot, add **stock concentrates** and **2½ cups water (4½ cups for 4 servings)**; stir to combine.
- Increase heat to high and bring **stew** to a boil. Cook, stirring occasionally, until chicken is cooked through and potatoes are fork-tender, 15-18 minutes.



6 FINISH & SERVE

- Fluff **rice** with a fork and stir in **1 TBSP butter (2 TBSP for 4 servings)**. Divide rice and **stew** between shallow bowls. Garnish with **cilantro** and serve.
TIP: For a traditional presentation, spray the insides of two small bowls with nonstick cooking spray (or lightly rub with oil), then pack with rice. Carefully invert into shallow bowls, then slowly lift away small bowls. Ladle stew around rice, garnish with cilantro, and serve.

*Chicken is fully cooked when internal temperature reaches 165°.