



CHICKEN & CHORIZO STEW

with Cannellini Beans and Spinach



HELLO CIABATTA

The word ciabatta means slipper in Italian, a name given because of the traditional shape of the bread!



Onion



Garlic Clove



Cannellini Beans



Diced Chicken Breast



Italian Herbs



Tomato Purée



Diced Chorizo



Chicken Stock Powder



Ciabatta



Baby Spinach

35 mins

2 of your 5 a day

It's hard to beat the simple pleasure of a comforting stew. Seasoned with herbs and packed with hearty cannellini beans and fresh spinach, our chicken and chorizo stew is bowl food at its best. Quick and simple to prep, serve everything up in deep bowls along with fresh garlic ciabatta perfect for dunking.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Sieve**, **Large Saucepan**, **Measuring Jug** and **Baking Tray**. Now, let's get cooking!



1 GET PREPPED

Half, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **cannellini beans** in a sieve.



2 BROWN THE CHICKEN

Heat a splash of **oil** in a large saucepan over high heat. Once hot add the **chicken** and fry, turning occasionally, until golden brown all over, 4-5 mins. Remove from the pan and set aside. Preheat your grill to high heat.



3 START THE STEW

In the now empty saucepan, heat another little splash of **oil** and a knob of **butter** (if you have some) over medium heat. Pop in the **onion** and cook until soft and starting to colour, 4-5 mins. Stir **half** the **garlic**, the **Italian herbs**, **tomato purée**, **chorizo** and **sugar** (see ingredients for amount) into the pan. Cook for one minute more.



4 SIMMER THE STEW

Mix in **half** the **beans**, the **water** (see ingredients for amount) and the **stock powder**. Bring to the boil, stir to dissolve the **stock powder**, then reduce the heat to medium. Simmer for 5 mins. Mash the other **half** of the **beans**, then stir into the **stew**.

★ **TIP:** This will help thicken the stew. Pop the **chicken** back into the pan and simmer gently until the **chicken** is cooked through, 5 mins.

❗ **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



5 GRILL THE BREAD

While the chicken is cooking, mix the rest of the **garlic**, a pinch of **salt** and a drizzle of **olive oil** together in a small bowl. Slice the **ciabatta** in half lengthways (as if you were making a sandwich) and drizzle the **garlic oil** over the cut side. Pop onto a baking tray and place under the grill until nicely toasted, 4-5 mins.



6 FINISH UP

Just before you serve, stir the **spinach leaves** into the **stew**, one handful at a time. Cook until just wilted, 2 mins. Chop the **ciabatta** into wide chunks. Serve your **stew** in deep bowls with the **garlic bread** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|------------------------|--------------|---------------|--------------|
| Onion * | 1 | 2 | 2 |
| Garlic Clove * | 2 | 3 | 4 |
| Cannellini Beans | 1 carton | 1½ cartons | 2 cartons |
| Diced Chicken Breast * | 280g | 420g | 560g |
| Italian Herbs | 1 pot | 1½ pots | 2 pots |
| Tomato Purée | 1 sachet | 1½ sachet | 2 sachet |
| Diced Chorizo * | 1 small pack | 1 medium pack | 1 large pack |
| Sugar* | ¼ tsp | ¼ tsp | ½ tsp |
| Water* | 300ml | 450ml | 600ml |
| Chicken Stock Powder | ½ sachet | ¾ sachet | 1 sachet |
| Ciabatta 11) 13) | 1 | 2 | 2 |
| Baby Spinach * | 1 small bag | ¾ large bag | 1 large bag |

*Not Included * Store in the Fridge

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 487G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (KJ/ kcal) | 2274 / 544 | 467 / 112 |
| Fat (g) | 18 | 4 |
| Sat. Fat (g) | 6 | 1 |
| Carbohydrate (g) | 40 | 8 |
| Sugars (g) | 9 | 2 |
| Protein (g) | 53 | 11 |
| Salt (g) | 3.26 | 0.67 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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