



# Mexican Style Chicken

with Roasted Peppers and Homemade Refried Beans



## HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



Red Pepper



Yellow Pepper



Echalion Shallot



Lime



Coriander



Green Chilli



Mixed Beans



Chicken Breast



Mexican Spice



Chicken Stock Powder

MEAL BAG

2

35 mins

3 of your 5 a day

Little heat

In this flavoursome Mexican recipe, you'll learn how to butterfly chicken. It's a great time-saving technique as it means the meat cooks more quickly. Anything that speeds up dinner's arrival on the table is a good thing, right? ¡Ándale, Ándale!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Colander**, some **Baking Paper**, **Baking Tray**, **Mixing Bowl**, **Frying Pan** (with a **Lid**), **Measuring Jug** and **Potato Masher**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 220°C. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Halve, peel and finely chop the **shallot**. Zest the **lime**. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop. Drain and rinse the **mixed beans** in a colander.



### 2 ROAST THE PEPPERS

Put the **peppers** on a lined baking tray. Drizzle over some **oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast on the top shelf of your oven until soft and slightly crispy round the edges, 15 mins.



### 3 BUTTERFLY THE CHICKEN

Lay your **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other breast(s). Transfer them to a mixing bowl. Add a drizzle of **oil**, a squeeze of **lime juice** and the **Mexican spice** then use your hands to mix thoroughly. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



### 4 COOK THE CHICKEN

Heat a splash of **oil** in a frying pan on medium-high heat. Once hot, add the **chicken** and cook for 3-4 mins on each side. Transfer to the tray with the **peppers**. Roast for 5-6 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Don't wash the pan, we'll use it in the next step.



### 5 FRY THE BEANS

Meanwhile, add another splash of **oil** to your now empty frying pan and put it back on medium-high heat. Add **three-quarters** of the **shallot**. Cook for 2 mins. Add as much **chilli** as you dare, the **mixed beans**, **stock powder** and **water** (see ingredients for amount). Season with **salt** and **pepper**. Pop a lid on the pan and cook for 5 mins. When cooked, mash to break up the **beans** with a potato masher (or the back of a fork).



### 6 FINISH AND SERVE

Put the remaining **shallot** in a small bowl. Add the **coriander**, **lime zest** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper**. Divide the **refried beans** between plates, with the **peppers** beside. Place the **chicken** on top and dress with some of the **shallot and coriander** sauce. Squeeze over a little more **lime juice** for good measure.

ENJOY!

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper	1	2	2
Yellow Pepper	1	1	2
Echalion Shallot	1	1	2
Lime	½	¾	1
Coriander	½ bunch	¾ bunch	1 bunch
Green Chilli	½	¾	1
Mixed Beans	1 carton	1½ cartons	2 cartons
Chicken Breast	2	3	4
Mexican Spice	½ small pot	1 small pot	¾ large pot
Chicken Stock Powder	½ pot	¾ pot	1 pot
Water*	50ml	75ml	100ml
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 495G	PER 100G
Energy (kcal)	409	83
(kJ)	1709	345
Fat (g)	14	3
Sat. Fat (g)	3	1
Carbohydrate (g)	18	4
Sugars (g)	9	2
Protein (g)	49	10
Salt (g)	0.90	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

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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