



Mexican Pulled Chicken & Black Bean Bake

with Butter Rice, Cheddar & Sour Cream

READY TO COOK

Grab your Meal Kit with this symbol



Black Beans



Sweetcorn



Basmati Rice



Pulled Chicken



Tomato Paste



Tex-Mex Spice Blend



Shredded Cheddar Cheese



Sour Cream



Coriander



Corn Chips

Prep in: 5-15 mins
Ready in: 25-35 mins

Eat Me Early

Enjoy a home-cooked meal with minimal prep and fuss! Simply pop the pre-prepped ingredients in the oven to cook and quickly assemble for a delicious and wholesome dinner. Say hello to the best bean in town, nutrient-packed black beans. They are wholesome and filling and go perfectly with saucy pulled chicken. Bake everything in the oven to bring home those flavours.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
black beans	1 tin	2 tins
sweetcorn	1 tin	1 tin
basmati rice	1 packet	1 packet
butter*	20g	40g
pulled chicken	1 packet	1 packet
tomato paste	1 packet	2 packets
Tex-Mex spice blend	1 sachet	1 sachet
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
shredded Cheddar cheese (40g)	1 packet (40g)	1 packet (80g)
sour cream	1 medium packet	1 large packet
coriander	1 bag	1 bag
corn chips	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4206kJ (1005Cal)	758kJ (181Cal)
Protein (g)	50.4g	9.1g
Fat, total (g)	43.5g	7.8g
- saturated (g)	20g	3.6g
Carbohydrate (g)	97.7g	17.6g
- sugars (g)	12.9g	2.3g
Sodium (mg)	1352mg	244mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW35



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2



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Get prepped & cook the rice

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Drain and rinse **black beans**. Drain the **sweetcorn**.
- Half-fill a medium saucepan with boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain **rice**, stir through the **butter** and set aside.

Bake the chicken & veggies

- **SPICY!** *The spice blend is mild, but use less if you're sensitive to heat!* While the rice is cooking, place **pulled chicken** in a baking dish along with **black beans, sweetcorn, tomato paste, Tex-Mex spice blend, the brown sugar** and the **water**. Stir to combine.
- Bake, uncovered, until slightly reduced and heated through, **20-25 minutes**.
- In the last **5 minutes** of bake time, remove dish from oven, then sprinkle over **shredded Cheddar cheese**. Continue baking until melted, **5 minutes**.

Serve up

- Divide butter rice between bowls. Top with pulled chicken and black bean bake.
- Dollop over **sour cream** and tear over **coriander** leaves.
- Serve with **corn chips**. Enjoy!

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