



# Mexican Pulled Chicken & Black Bean Bake

with Butter Rice, Cheddar & Sour Cream

READY TO COOK

Grab your Meal Kit with this symbol



Black Beans



Corn Cob



Pulled Chicken



Tomato Paste



Tex-Mex Spice Blend



Shredded Cheddar Cheese



Microwavable Basmati Rice



Sour Cream



Coriander



Corn Chips

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

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, Brown Sugar, Butter



## 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 or large baking dish

## Ingredients

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

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## Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Drain and rinse **black beans**. Slice kernels off **corn cob**.

## Bake the chicken & veggies

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat! Place **pulled chicken** in a baking dish, along with **black beans, corn, 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

- Just before serving, microwave **basmati rice** until steaming, **2-3 minutes**. Gently stir through the **butter**.
- Divide butter rice between bowls. Top with pulled chicken and black bean bake.
- Dollop over **sour cream** and tear over **coriander (see ingredients)** leaves.
- Serve with **corn chips**. Enjoy!

## Rate your recipe

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