



# 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



Pulled Chicken



Tomato Paste



Tex-Mex Spice Blend



Shredded Cheddar Cheese



Microwavable Basmati Rice



Sour Cream



Parsley



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, 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 · Large frying pan

## Ingredients

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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3875kJ (926Cal)	698kJ (167Cal)
Protein (g)	46.2g	8.3g
Fat, total (g)	43.5g	7.8g
- saturated (g)	19.8g	3.6g
Carbohydrate (g)	82.7g	14.9g
- sugars (g)	12.3g	2.2g
Sodium (mg)	1427mg	257mg

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

2023 | CW23



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## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Drain and rinse **black beans**. Drain the **sweetcorn**.

## Bake the chicken & veggies

- **SPICY!** *The spice blend is mild, but use less if you're sensitive to heat!* In a baking dish, place **pulled chicken, 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

- Just before serving, microwave **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 **parsley** leaves.
- Serve with **corn chips**. Enjoy!

## Rate your recipe

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