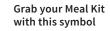


Mexican Pulled Chicken & Black Bean Bake

with Butter Rice, Cheddar & Sour Cream

READY TO COOK















Pulled Chicken

Tomato Paste





Tex-Mex Spice Blend

Shredded Cheddar





Microwavable Basmati



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.



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
olive oil*	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
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
microwavable basmati rice	1 packet	2 packets
butter*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



