



Chipotle Spiced Chicken and Pepper Stew

with garlic rice and creme fraiche

30 – 35 mins

4



Diced Chicken Breast



Garlic



Bell Pepper



Rice



Central American Style Spice Mix



Chopped Tomato with Onion & Garlic



Stock



Creme Fraiche



Chipotle Paste



Coriander

Pantry Items: Butter, Sugar, Oil, Salt, Pepper, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Garlic	2 units	4 units
Bell Pepper	1 unit	2 units
Rice	150 g	300 g
Central American Style Spice Mix	2 sachets	4 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Stock	1 sachet	2 sachets
Creme Fraiche	65 g	110 g
Chipotle Paste	1 sachet	2 sachets
Coriander	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	557 g	100 g
Energy (kJ/kcal)	2861.9 kJ/ 684 kcal	513.8 kJ/ 122.8 kcal
Fat (g)	20.3 g	3.6 g
Sat. Fat (g)	10.7 g	1.9 g
Carbohydrate (g)	85.1 g	15.3 g
Sugars (g)	19.4 g	3.5 g
Protein (g)	43.5 g	7.8 g
Salt (g)	4.5 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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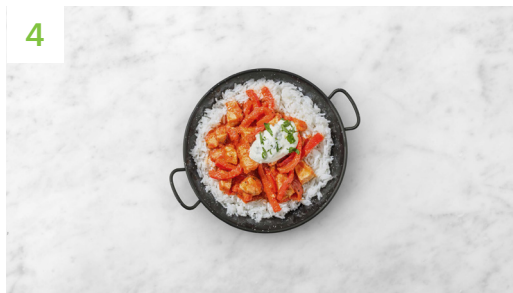


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Make the Garlic Rice

- Peel and grate the **garlic** (or use a garlic press).
- Place a pot over medium-high heat with 1 tbsp **butter** (per 2P).
- When hot, add **half** the **garlic** and fry for 1 min. Stir in the **rice** and 300ml cold **salted water** (per 2P). Bring to the boil.
- Once boiling, lower the heat to medium and cover.
- Cook for 10 mins, then remove the pot from the heat. Keep covered for another 10 mins (the **rice** will continue to cook in its own steam).



Finish and Serve

- Stir the **coriander** through the **creme fraiche**.
- Fluff up the **rice** with a fork and divide between bowls.
- Spoon the **chicken** stew over the top.
- Finish with a dollop of **coriander creme fraiche**.

Enjoy!



Fry the Chicken

- Roughly chop the **coriander**.
- Halve and deseed the **pepper**. Slice into thin strips.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add the **chicken** and **bell pepper**. Season with **salt** and **pepper**.
- Fry, stirring occasionally, until the **chicken** is browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken.

TIP: Notice a stronger smell from the chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Simmer the Stew

- Add the **Central American spice** and remaining **garlic** to the pan. Fry for 30 secs.
- Pour in **chopped tomatoes**, **stock** and ½ tsp **sugar** (per 2P). Stir to combine.
- Bring to the boil, then lower the heat. Simmer until **chicken** is cooked through, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Stir through the **chipotle** and a knob of **butter**.
- Add a splash of **water** if the sauce is too dry. Season to taste with **salt** and **pepper**.