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Mexican Chicken Stew

with Black Beans and Corn

According to research, black beans contain as many antioxidants as blueberries and Brussel sprouts! We've added it to this Mexican stew along with some sweet corn kernels and peppers to make it extra satisfying.



Chicken Tenders



Black Beans



Red Pepper



Diced Tomato



Red Onion



Lime



Brown Rice



Corn



Chicken Broth Concentrate



Mexican Stew Blend



Cilantro

Ingredients

Chicken Tenders	2 pkg (680 g)
Black Beans	1 pkg
Red Bell Pepper	2
Diced Tomato	1 can
Red Onion, sliced	1 pkg (56 g)
Mexican Stew Blend	1 pkg (3 tbsp)
Cilantro	1 pkg (7 g)
Brown Rice	2 pkg (340 g)
Corn Kernels	1 pkg (¾ cup)
Chicken Broth Concentrate	2
Lime	1
Sugar*	1 tsp
Olive or Canola Oil*	

4 People

*Not Included

Allergens

(None)

Tools

Medium Pot, Measuring Cup, Large Pan, Strainer, Measuring Spoon

Ruler

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Nutrition per person Calories: 679 cal | Fat: 8 g | Protein: 53 g | Carbs: 95 g | Fiber: 11 g | Sodium: 389 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Core and slice the **red peppers**. Chop the **cilantro**. Strain and rinse the **beans**. Cut the **lime** in half. Cut the **chicken** into 1-inch pieces.

3



2 Cook the rice: Combine the **rice** with **4¾ cups salted water** in a medium pot and bring it to a boil, then reduce heat to medium. Cover with a lid and simmer until the rice is tender, 23-25 min. (Drain any remaining excess liquid.)

3 Meanwhile, add a drizzle of **oil** to a large pan over medium heat. Add the **onion**. Cook, stirring often, for 3 min. Add the **chicken** and **spice blend** to the pan and cook until the chicken is brown all over, 4-5 min.

4



4 Add the **red pepper, diced tomato, beans, corn, chicken broth concentrate(s)** and **sugar**. Simmer until the stew thickens up slightly and the peppers are tender, 7-10 min. Season with **salt** and **pepper**.

5 Finish and serve: Divide the **rice** between plates. Top with a scoop of **chicken stew**. Sprinkle with **cilantro** and a squeeze of **lime**. Enjoy!

DID YOU KNOW? We love beans because they add fibre and nutrients to our recipes! Beans are often packaged with salt to keep the flavours fresh, so we always recommend rinsing them well with tap water before using to reduce the sodium level!

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