



# One-Pot Chicken and Corn Chili

with Cheddar Cheese and Crema

Family Friendly

30 Minutes



Chicken Thighs/Leg



Crushed Tomatoes



Sweet Bell Pepper



Mexican Seasoning



Canned Corn



Sour Cream



Garlic



Green Onions



Kidney Beans



Cheddar Cheese,  
shredded

## HELLO SOUR CREAM

*This tasty topping adds a cool contrast to the hot chili!*

## Start here

Before starting, wash and dry all produce.

### Bust Out

Colander, measuring spoons, slotted spoon, colander, large bowl, measuring cups, large pot, paper towels

### Ingredients

	2 Person	4 Person
Chicken Thighs/Leg ♦	310 g***	620 g***
Crushed Tomatoes	370 ml	740 ml
Sweet Bell Pepper	160 g	320 g
Mexican Seasoning	2 tbsp	4 tbsp
Canned Corn	56 g	113 g
Sour Cream	6 tbsp	12 tbsp
Garlic	6 g	12 g
Green Onions	2	4
Kidney Beans	398 ml	796 ml
Cheddar Cheese, shredded	½ cup	1 cup
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

\*\*\* Minimum weight on chicken

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

### Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### Prep

Core, then cut the **pepper** into ½-inch pieces. Thinly slice the **green onions**. Peel, then mince or grate the **garlic**. Drain and rinse **beans**. Drain and rinse **corn**. Pat the **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper** and **half the Mexican Seasoning**.

2



### Cook chicken

Heat a large pot over medium-high heat. When hot, add ½ **tbsp oil**, then the **chicken**. Cook, until golden-brown all over, 2-3 min per side. (**NOTE:** Don't overcrowd the pot! Cook in batches for 4 ppl, using ½ tbsp oil per batch.) Using a slotted spoon, transfer **chicken** to a large bowl. Set aside.

3



### Cook veggies

Reduce the heat to medium. Add 1 **tbsp oil** (dbl for 4 ppl), then the **peppers**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Add the **garlic** and **remaining Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.

4



### Simmer chili

Add the **crushed tomatoes**, a **quarter of the corn** and ¼ **cup water** (dbl both for 4 ppl) and return all **chicken** and any **juices** to pot. Scrape up any **browned bits** from the bottom of the pot. Bring to a boil, then reduce the heat to medium-low. Simmer until the **chili** is slightly thickened and **chicken** is cooked through, 6-7 min. \*\* Season with **salt** and **pepper**.

5



### Finish chili

Stir **beans** into the **chili**, until warmed through, 2-3 min. Season with **salt** and **pepper**.

6



### Finish and serve

Divide the **chicken chili** between bowls. Sprinkle **cheese** and **green onions** over top. Dollop with **sour cream**.

## Dinner Solved!