



One-Pot Chunky Chicken and Corn Chili

with Cheddar Cheese and Sour Cream

Family Friendly

30 Minutes



Chicken Thighs



Crushed Tomatoes with Garlic and Onion



Sweet Bell Pepper



Mexican Seasoning



Corn Kernels



Sour Cream



Garlic Salt



Cheddar Cheese, shredded

HELLO SOUR CREAM

This tasty topping adds a cool contrast to the warm chili!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Sweet Bell Pepper	160 g	320 g
Mexican Seasoning	2 tbsp	4 tbsp
Corn Kernels	113 g	227 g
Sour Cream	3 tbsp	6 tbsp
Garlic Salt	¾ tsp	1 ½ tsp
Cheddar Cheese, shredded	¼ cup	½ cup
Oil*		
Salt and Pepper*		

* Pantry items

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

♦ 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 the website or app for the as-prepared recipe nutritional information.

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

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Prep and sear chicken

- Pat **chicken** dry with paper towels. Season with **½ tsp garlic salt**, **½ tbsp Mexican Seasoning** (dbl both for 4 ppl) and **pepper**.
- Heat a large pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown all over, 2-3 min per side.



Simmer chili

- Add **crushed tomatoes**, **corn**, **remaining Mexican Seasoning**, **¼ tsp garlic salt** and **¼ cup water** (dbl both for 4 ppl) to the pot.
- Stir to combine, scraping up any browned bits from the bottom of the pot.
- Bring to a boil.
- Once boiling, reduce heat to medium.
- Simmer until **chili** thickens slightly and **chicken** is cooked through, 6-7 min. **
- Season with **pepper**.



Prep

- Meanwhile, on a clean surface, core, then cut **pepper** into ½-inch pieces.



Finish and serve

- When **chicken** is done, remove **chicken** from **chili** and cut into smaller pieces, if desired.
- Divide **chunky chicken chili** between bowls.
- Sprinkle with **cheese**.
- Dollop **sour cream** over top.

Dinner Solved!



Cook peppers

- Add **peppers** to the pot with **chicken**.
- Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Season with **salt** and **pepper**.