



Speedy Chicken Chili

with Ciabatta Croutons

Family Friendly

Quick

25 Minutes



Ground Chicken



Enchilada Spice Blend



Mirepoix



Crushed Tomatoes with Garlic and Onion



Black Beans



Sweet Bell Pepper



Cilantro



Sour Cream



Ciabatta Roll



Tomato Sauce Base

HELLO ENCHILADA SPICE BLEND

This savoury blend combines warming spices with aromatic onion and garlic!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, colander, measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Chicken *	250 g	500 g
Enchilada Spice Blend	2 tbsp	4 tbsp
Mirepoix	113 g	227 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Black Beans	370 ml	740 ml
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	7 g
Sour Cream	3 tbsp	6 tbsp
Ciabatta Roll	1	2
Tomato Sauce Base	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

† 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

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Prep

- Roughly chop **cilantro**.
- Cut **ciabatta** into ½-inch pieces.
- Drain, then rinse **beans**.
- Core, then cut **pepper** into ½-inch pieces.
- Add **ciabatta** to a medium bowl. Drizzle **1 tbsp oil** (dbl for 4 ppl) over top. Season with **salt**, then toss to coat. Set aside.



Cook chili

- Add **crushed tomatoes, beans, veggies** and **¾ cup water** (dbl for 4 ppl) to the pot. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium. Cover and simmer, stirring occasionally, until **chili** thickens slightly, 7-8 min. (**TIP:** If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)
- Season with **salt** and **pepper**, to taste.



Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **mirepoix** and **peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Season with **salt** and **pepper**.
- Remove pot from heat, then transfer **veggies** to a plate.



Broil croutons

- Meanwhile, arrange **ciabatta** in a single layer on an unlined baking sheet.
- Broil in the **middle** of the oven until golden-brown and toasted, 3-4 min. (**NOTE:** Keep an eye on your croutons so they don't burn!)



Cook chicken

- Heat the same pot over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min. **
- Add **Enchilada Spice Blend** and **tomato sauce base**. Cook, stirring often, until fragrant, 1 min.



Finish and serve

- Divide **chili** between bowls. Top with **spiced croutons**.
- Dollop **sour cream** over top, then sprinkle with **cilantro**.

Dinner Solved!