

HELLO Speedy Chicken Chili with Ciabatta Croutons

Family Friendly 25-35 Minutes

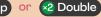




Customized Protein Add







If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥









Ground Chicken

250 g | 500 g

Enchilada Spice Blend 2 tbsp | 4 tbsp





Carrot



Black Beans





Pepper

Tomatoes with Garlic and Onion

1 | 2



Yellow Onion



1 | 1





Ciabatta Roll



1 | 2

Ingredient quantities

Tomato Sauce Base



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.



Cooking utensils | Baking sheet, colander, large pot, measuring cups, measuring spoons, vegetable peeler



Prep

- Before starting, preheat the broiler to high.
- · Wash and dry all produce.
- Drain, then rinse beans.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then half **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, then cut **onion** into ½-inch pieces.



Cook veggies

- Heat a large pot over medium-high.
- When hot, add 1 tbsp (2 tbsp) oil, then onions, carrots and peppers.
- Cook for 4-5 min, stirring occasionally, until tender-crisp.
- Season with salt and pepper.



Cook chicken

O Swap | Ground Beef

O Swap | Beyond Meat®

- To the **veggies**, add another **1 tbsp** (2 tbsp) **oil**, then add **chicken**.
- Cook for 4-5 min, breaking up chicken into smaller pieces, until no pink remains.**
- Add Enchilada Spice Blend and tomato sauce base. Cook for 1 min, stirring often, until fragrant.



Cook chili

- To the pot, add **crushed tomatoes**, **beans** and **% cup** (1 ½ cups) **water**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium.
- Cover and simmer for 7-8 min, stirring occasionally, until **chili** thickens slightly.
 (TIP: If you have time, keep it simmering on the stove for longer. Chili gets better the longer it cooks!)
- Season with salt and pepper.



Broil croutons

- Meanwhile, cut **ciabatta** into ½-inch pieces.
- To an unlined baking sheet, add ciabatta and 1 tbsp (2 tbsp) oil. Season with salt and pepper, then toss to coat.
- Arrange ciabatta in a single layer.
- Broil in the middle of the oven for 3-4 min, until golden and toasted. (NOTE: Keep an eye on them so they don't burn.)



Finish and serve

- Divide chili between bowls. Top with croutons.
- Dollop **sour cream** over top.

Measurements within steps

tbsp (2 tbsp)

arving Ingredien

oil

2-serving 4-serving ingred

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, cook in the same way the recipe instructs you to cook the **chicken**.** Remove and discard excess fat, if you like.

3 | Cook Beyond Meat®

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, cook in the same way as the **chicken**, breaking up **patties** into smaller pieces, for 5-6 min until crispy.**

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

^{**} Cook to a minimum internal temperature of 165°F.