



# Speedy Chicken Chili

with Ciabatta Croutons

Family Friendly

Prepped in 10

Quick

25 Minutes



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Ground Chicken



Ground Beef



Enchilada Spice Blend



Mirepoix



Crushed Tomatoes with Garlic and Onion



Black Beans



Sweet Bell Pepper



Cilantro



Sour Cream



Ciabatta Roll



Tomato Sauce Base

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### 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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## Bust out

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

## Ingredients

	2 Person	4 Person
Ground Chicken	250 g	500 g
Ground Beef	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.

## 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.*



### 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** (2 tbsp) **oil** over top. Season with **salt**, then toss to coat. Set aside.



### Cook chili

- Add **crushed tomatoes, beans, veggies** and **¾ cup** (1 ½ cups) **water** 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. Chili 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** (1 tbsp) **oil**, then **mirepoix** and **peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Season with **salt** and **pepper**.
- Remove 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** (2 tbsp) **oil**, 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.

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **chicken**.



### Finish and serve

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

## Dinner Solved!



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