

HELLO Speedy Chicken Chili with Ciabatta Croutons

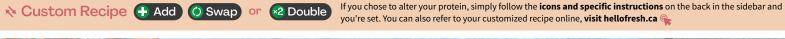
Family Friendly 25-35 Minutes





250 g | 500 g

2 | 4







Ground Chicken



250 g | 500 g





Garlic and Onion 1 | 2

1 | 2



Black Beans 370 ml | 740 ml



1 | 2



1 | 1



3 tbsp | 6 tbsp



Ciabatta Roll



1 | 2

Tomato Sauce Base 1 tbsp | 2 tbsp

Allengens 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, vegetable peeler, colander, measuring spoons, measuring cups, large pot



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 quarter carrot lengthwise. Cut into 1/4-inch quarter moons.
- Peel, then cut **onion** into ½-inch pieces.



Cook veggies

- Heat a large pot over medium-high heat. When hot, add 1 tbsp (2 tbsp) oil, then onions, carrots 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.



Cook chicken

O Swap | Ground Beef

🚫 Swap | Beyond Meat®

- 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.



3 | Cook Beyond Meat®

O Swap | Ground Beef

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

Measurements

3 Cook beef

the chicken.**

within steps

O Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, cook it the same way the recipe instructs you to cook the ground chicken, until crispy.**

1 tbsp

oil

(2 tbsp)



Cook chili

- Add crushed tomatoes, beans, veggies and 34 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.



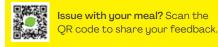
Broil croutons

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



Finish and serve

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



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