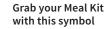


Tex-Mex Chicken & Black Bean Loaded Fries

with Cheddar Cheese, Pickled Jalapeños & Sour Cream

READY TO COOK









Corn Kernels





Potato Fries







Black Beans

Cheddar Cheese





Slow-Cooked Chicken Breast

Baby Spinach





Garlic & Herb Seasoning

Enchilada Sauce







Light Sour

Mild Chipotle







Pickled Jalapeños (Optional)

Coriander

Pantry items Olive Oil, Brown Sugar



Super tender, already slow-cooked chicken breast is the MVP in this failproof recipe, with the pre-cut fries coming in at a close second. Finish the chicken in the oven with all the Tex-Mex fixins (including our enchilada sauce to bring them all together), and you'll be serving up a solid dinner before you know it.

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium baking dish

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
corn kernels	1 small tin	2 small tins
capsicum	1	2
potato fries	1 medium bag	1 large bag
Tex-Mex spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
Cheddar cheese	1 large packet	2 large packets
black beans	1 packet	2 packets
slow-cooked chicken breast	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
enchilada sauce	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
light sour cream	1 medium packet	1 large packet
mild chipotle sauce	1 packet	2 packets
pickled jalapeños	1 medium packet	1 large packet
coriander	1 bag	1 bag
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3532kJ (844Cal)	394kJ (94Cal)
Protein (g)	37.7g	4.2g
Fat, total (g)	28.9g	3.2g
- saturated (g)	14.2g	1.6g
Carbohydrate (g)	74.3g	8.3g
- sugars (g)	17.8g	2g
Sodium (mg)	2748mg	307mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the cheesy corn fries

- Preheat oven to 240°C/220°C fan-forced.
- Drain corn kernels. Thinly slice capsicum.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat. Place potato
 fries on a lined oven tray. Drizzle with olive oil, sprinkle with Tex-Mex spice blend
 and season with salt.
- Toss to coat and bake until almost tender, 15-20 minutes.
- Remove fries from oven, then top with corn and half the Cheddar cheese. Return to oven and bake until golden, a further 5 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays.



Bake the chicken topping

- Meanwhile, drain and rinse black beans.
- Drain slow-cooked chicken breast, then shred using two forks.
- When fries have 10 minutes remaining, in a medium baking dish, place shredded chicken, capsicum, baby spinach leaves, black beans, garlic & herb seasoning, enchilada sauce and the brown sugar. Stir to combine. Top with remaining Cheddar cheese.
- Bake until topping is warmed through and cheese is melted, 10-12 minutes.



Serve up

- Divide fries between plates. Top with Tex-Mex chicken and black beans, spooning over any extra sauce from the baking dish.
- Top with light sour cream, mild chipotle sauce and pickled jalapeños (if using).
- Tear over coriander leaves to serve. Enjoy!

TIP: Jalapeños are a bit spicy. Add less if you're sensitive to heat, or leave them out, if you prefer!



Rate your recipe