



Tex-Mex Chicken & Black Bean Loaded Fries

with Cheddar Cheese, Pickled Jalapeños & Sour Cream

READY TO COOK

Grab your Meal Kit with this symbol



Corn Kernels



Capsicum



Potato Fries



Tex-Mex Spice Blend



Cheddar Cheese



Black Beans



Slow-Cooked Chicken Breast



Baby Spinach Leaves



Garlic & Herb Seasoning



Enchilada Sauce



Light Sour Cream



Mild Chipotle Sauce



Pickled Jalapeños (Optional)



Coriander

Prep in: 5-15 mins
Ready in: 25-35 mins

Eat Me Early

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.

Pantry items

Olive Oil, Brown Sugar

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

	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 🌶️ (optional)	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.

We're here to help!

Scan here if you have any questions or concerns



1



2



3



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!

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