



Tex-Mex Chicken & Black Bean Loaded Fries

with Cheddar Cheese, Pickled Jalapeños & Sour Cream

READY TO COOK

Grab your Meal Kit with this symbol



Sweetcorn



Potato Fries



Tex-Mex Spice Blend



Cheddar Cheese



Capsicum



Black Beans



Slow-Cooked Chicken Breast



Garlic & Herb Seasoning



Baby Spinach Leaves



Passata



Light Sour Cream



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 fixin's (including our passata 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 or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (300g)
potato fries	1 medium bag	1 large bag
Tex-Mex spice blend	1 medium sachet	1 large sachet
Cheddar cheese	1 large packet	2 large packets
capsicum	1	2
black beans	1 packet	2 packets
slow-cooked chicken breast	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
passata	1 box	2 boxes
water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
light sour cream	1 medium packet	1 large packet
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)	3440kJ (822Cal)	388kJ (93Cal)
Protein (g)	60.1g	6.8g
Fat, total (g)	26.5g	3g
- saturated (g)	14g	1.6g
Carbohydrate (g)	75.2g	8.5g
- sugars (g)	19g	2.1g
Sodium (mg)	2202mg	248mg

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 **sweetcorn**.
- **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.
- Bake **fries** 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, thinly slice **capsicum**.
- Drain and rinse **black beans**.
- Drain **slow-cooked chicken breast**, then shred using two forks.
- In a baking dish, place **capsicum** and drizzle with **olive oil** and season with **salt**. Roast until slightly tender, **15 minutes**.
- Remove baking dish from oven and add **black beans, shredded chicken, garlic & herb seasoning, baby spinach leaves, passata, the water and brown sugar**. Gently stir to combine. Sprinkle over remaining **Cheddar cheese**.
- Bake until topping is warmed through and cheese is melted, **8-10 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 a dollop of **light sour cream** and **pickled jalapeños** (if using).
- Tear over **coriander** 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

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate