



One-Pan Mexican Pulled Chicken

with Kidney Beans and Corn

 1h  4 Portions

Welcome winter with our special One-Pan recipes of slow-cooked curries, soups and stews. Make these over the weekend and let their delicious flavours develop overnight for the next day, or pop them on the stove earlier in the evening and kick back while it does its thing. This week, we bring you shredded chicken tacos cooked in a smoky chipotle sauce with hints of orange.

What we send

- garlic, coriander
- free-range chicken thigh fillet
- flour tortillas ¹
- cinnamon, coriander, cumin mix
- chipotle sauce ⁶
- 2 chicken stock cubes
- orange
- kidney beans
- corn kernels

What you'll require

- olive oil
- plain flour ¹
- sea salt flakes
- water
- white wine vinegar ¹⁷

Utensils

- baking paper
- foil
- large saucepan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Wrapping the tortillas in baking paper first, then foil, will ensure that they steam and soften evenly, without hardening in places.

Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 770.0kcal, Fat 25.4g, Proteins 50.7g, Carbs 77.7g



1. Prepare ingredients

Finely grate the **orange** rind and juice the orange. Finely chop the **garlic** and **coriander**, including the stems. Put the **stock powder** in a heatproof jug, add the **boiling water** (see staples list) and stir to combine.



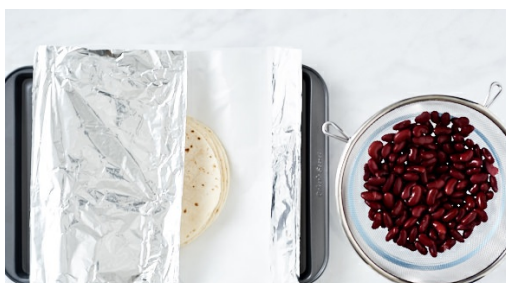
2. Marinate chicken

Combine the **spice mix, oil, flour** and **salt** in a bowl. Trim any excess fat from the **chicken**, then add to the marinade and turn to coat.



3. Cook chicken

Heat a large saucepan over medium-high heat. Add the **chicken** and cook for 1-2 mins each side or until browned. Add the **orange zest, orange juice, garlic, stock, chipotle, vinegar** and **half the coriander**, and stir to combine. Bring to a simmer, then reduce heat to medium and cook for 30-35 mins until chicken is very tender when pierced with a fork.



4. Prepare tortillas

Meanwhile, preheat the oven to 220C. Wrap **6 tortillas** in a layer of baking paper, then a layer of foil (see cooking tip) to make 2 parcels. Rinse and drain the **kidney beans** in a sieve.



5. Pull chicken

When the chicken is ready, place the **tortillas** in the oven for 5 mins or until softened and warmed through. Remove the **chicken** from the pan with a slotted spoon. Using two forks, pull the **chicken** apart to shred the meat.



6. Get ready to serve

Return the **chicken** to the pan with the **kidney beans, corn** and the **remaining coriander**. Stir to combine and cook for a further 1-2 mins until warmed through. Serve with the tortillas.