KIKKOMAN

Chilli chicken and cheesy mac 'n' cheese

Total time **60 mins** **20 mins** preparation time **40 mins** cooking time

Nutritional facts (per portion):
5,260 kJ / 1,256 kcal

Fat: **106 g** Protein: **60 g**
Carbohydrates: **67 g**

INGREDIENTS

2 portion(s)

300 g	minced chicken breast
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
1	onion
3	garlic cloves
1	chilli pepper
50 ml	oil for frying
400 g	chopped tinned tomatoes
400 ml	stock (vegetable or chicken)
0.5 tsp	ground cumin
0.5 tsp	ground coriander
1 tsp	ground sweet pepper
70 g	tinned black beans
70 g	tinned sweetcorn
150 g	grated cheddar cheese
200 g	macaroni
1 pinch	of salt
1 pinch	of pepper
1 handful	of fresh coriander (for garnishing)

PREPARATION

Step 1

300 g minced chicken breast - **4 tbsp** Kikkoman Naturally Brewed Soy Sauce
Mix the meat with the Kikkoman Soy Sauce until evenly coated.

Step 2

1 onion - **3** garlic cloves - **1** chilli pepper - **50 ml** oil for frying - **400 g** chopped tinned tomatoes - **400 ml** stock (vegetable or chicken) - **0.5 tsp** ground cumin - **0.5 tsp** ground coriander - **1 tsp** ground sweet pepper - **70 g** tinned black beans - **70 g** tinned sweetcorn
Chop the onion, garlic and chilli.

Heat the oil in a pan. Add the meat and break it down into smaller pieces with a wooden spoon. Fry until it starts to brown. Add the onion, garlic and chilli and fry together until the onion softens. Add the tomatoes, stock and spices and simmer covered for about 15 minutes.

Add the beans and sweetcorn and cook for another 15 minutes.

Step 3

150 g grated cheddar cheese
Add the grated cheese to the pan with the tomatoes and bean mixture.

Step 4

200 g macaroni - **1 pinch** of salt - **1 pinch** of pepper - **1 handful** of fresh coriander (for garnishing)
Cook the macaroni in salted boiling water until al

dente. Once cooked and drained, mix with the chilli immediately. Season with the salt and pepper. Serve sprinkled with the fresh coriander.