

More than 1 hour

Serves 4

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Ingredients

- 4 chicken breasts, cooked
- 3 Tbsp (45ml) oil
- 2 onions, chopped
- 4 cloves garlic, grated
- 1 tsp (5ml) chilli flakes
- 1 Tbsp (30ml) each ground cumin and coriander
- 1 red pepper, chopped
- 2 cans (400g each) chopped tomatoes
- ¼ cup (60ml) tomato purée
- ¼ cup (60ml) tomato sauce
- 1 cup (250ml) water
- 1 Tbsp (15ml) cocoa powder
- 1 can (400g) red kidney beans

For serving:

- Nacho chips
- Charred corn
- Coriander
- Avo and pineapple salsa

Method

1. Pan-fry chicken breast for about 3–4 minutes per side. Set aside and allow to cool.
2. Shred the chicken once cooled and set aside.
3. Heat oil in a pan over medium heat and sauté onions until soft.
4. Add garlic and fry for 1 minute.

5. Add chilli flakes, ground cumin and coriander.
6. Tip in red pepper, chopped tomatoes, tomato purée, tomato sauce, water and cocoa powder, red kidney beans and mix well.
7. Simmer for 45 minutes more.
8. Serve with nachos, charred corn, coriander, avo and pineapple salsa.

Pineapple and tomato salsa

Ingredients

- Juice (60ml) and grated peel of 2 limes
- Glug olive oil
- 1 Tbsp (15ml) sugar
- 1 Tbsp (15ml) red wine vinegar
- 1 punnet (250g) PnP tomatoes medley, quartered
- 4 red salad onions, sliced
- Handful coriander, chopped
- Salt and milled pepper
- 1 chilli, chopped (optional)

Method

1. Combine lime juice and grated peel, olive oil, sugar and red wine vinegar.
2. Toss with tomato medley, salad onion and coriander. Season with salt and milled pepper and chopped chilli, if using.

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