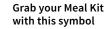


Mexican Bean & Veggie Chilli with Cheddar Cheese & Homemade Tortilla Chips

















Black Beans







Diced Tomatoes with



Garlic & Olive Oil



Mini Flour Tortillas



Coriander



Greek Yoghurt



Shredded Cheddar Cheese

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
carrot	1	2	
capsicum	1	2	
garlic	2 cloves	4 cloves	
black beans	1 tin	2 tins	
Mexican Fiesta spice blend	1 sachet	2 sachets	
diced tomatoes with garlic & olive oil	1 tin (400g)	2 tins (800g)	
hot water*	2 tbs	⅓ cup	
vegetable stock	1 cube	2 cubes	
brown sugar*	1 tsp	2 tsp	
butter*	20g	40g	
mini flour tortillas	4	8	
coriander	1 bag	1 bag	
Greek yoghurt	1 packet (100g)	1 packet (200g)	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g	
Energy (kJ)	3155kJ (754Cal)	401kJ (95Cal)	
Protein (g)	28.5g	3.6g	
Fat, total (g)	34.6g	4.4g	
- saturated (g)	14.8g	1.9g	
Carbohydrate (g)	71.5g	9.1g	
- sugars (g)	30.5g	3.9g	
Sodium (mg)	2156mg	274mg	

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.



Get prepped

Preheat the oven to 200°C/180°C fan-forced. Finely chop the brown onion and carrot (unpeeled). Finely chop the capsicum. Finely chop the garlic. Drain and rinse the black beans.



Cook the veggies

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a frying pan, heat a drizzle of olive oil over a medium-high heat. Add the onion, carrot and capsicum and cook until softened, 5-7 minutes. Add the Mexican Fiesta spice blend and garlic and cook until fragrant, 1-2 minutes.



Make the chilli

Add the diced tomatoes with garlic & olive oil, black beans and hot water to the veggies. Crumble in the vegetable stock (1 cube for 2 people / 2 cubes for 4 people) and add the brown sugar. Bring to the boil, then reduce the heat to medium and simmer until slightly thickened, 10-15 minutes. Stir through the butter and season to taste.

TIP: Butter helps to balance the acidity from the tomatoes.



Bake the tortilla chips

While the chilli is simmering, cut the **mini flour tortillas** (see ingredients) into wedges. Place the **tortilla** wedges on an oven tray lined with baking paper. Drizzle (or spray) with **olive oil** and season with **salt** and **pepper**. Arrange in a single layer and bake until golden, **6-8 minutes**.



Prep the garnish

While the tortilla chips are baking, roughly chop the **coriander**.



Serve up

Divide the Mexican bean and veggie chilli between bowls. Sprinkle with **shredded Cheddar cheese** and coriander. Top with the **Greek yoghurt** and serve with the tortilla chips.

Enjoy!