



Mexican Bean Chilli Bake

with Cheesy Sweet Potato & Smokey Corn Cobs

Grab your Meal Kit with this symbol



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| 
Sweet Potato | 
Capsicum |
| 
Corn | 
Coriander |
| 
Carrot | 
Red Kidney Beans |
| 
Mexican Fiesta Spice Blend | 
Diced Tomatoes With Garlic & Olive Oil |
| 
Vegetable Stock | 
Shredded Cheddar Cheese |
| 
Smokey Aioli | 
Greek Yoghurt |

- **Hands-on: 35-45 mins**
Ready in: 45-55 mins
-  **Spicy (Mexican Fiesta spice blend)**
-  **Naturally gluten-free**
Not suitable for Coeliacs

We've packed this bake with classic Mexican flavours, plus a spicy kick for those who want it! The rich red kidney bean chilli is topped with tender cubes of sweet potato and a scattering of cheese. Plus, try our technique for smokey, Mexican-style corn on the cob – one bite and you'll be hooked!

Pantry items
Olive Oil, Brown Sugar

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

Oven tray lined with baking paper · Medium saucepan · Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
capsicum	1	2
corn	1	2
coriander	1 bag	1 bag
carrot	1	2
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
vegetable stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
smokey aioli	½ packet (25g)	1 packet (50g)
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3021kJ (722Cal)	339kJ (81Cal)
Protein (g)	27.4g	3.1g
Fat, total (g)	30.7g	3.4g
- saturated (g)	9.5g	1.1g
Carbohydrate (g)	74.6g	8.4g
- sugars (g)	40.5g	4.6g
Sodium (mg)	1949mg	219mg

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.



1. Roast the sweet potato

Preheat the oven **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm cubes. Place the **sweet potato** on the oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast until just tender, **20 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



2. Prep the veggies

While the sweet potato is roasting, cut the capsicum into 1cm chunks. Slice the **corn cob** in half. Roughly chop the **coriander**. Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans**. Bring a medium saucepan of salted water to the boil.



3. Start the chilli

SPICY! Use less of the spice blend if you're sensitive to heat. In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **capsicum** and cook, stirring occasionally, until softened and charred, **3-4 minutes**. Reduce the heat to medium-high. Add the **kidney beans** and grated **carrot** and cook until softened, **2 minutes**. Add the **Mexican Fiesta spice blend** and stir until fragrant, **1 minute**.



4. Bake the chilli

Add the **diced tomatoes with garlic & olive oil**, **brown sugar** and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Season to taste with **salt** and **pepper**, then transfer to a baking dish. Top the **bean mixture** with the **roasted sweet potato**, then sprinkle with the **shredded Cheddar cheese**. Bake until the **cheese** has melted and the **bean mixture** is bubbling, **10 minutes**.



5. Cook the corn cobs

While the chilli is baking, place the **corn cob** into the boiling water and cook until the **corn** kernels have turned bright yellow, **3-4 minutes**. Drain. Wipe out the large frying pan and return to a high heat. Add the **corn cob** and cook, turning occasionally, until lightly charred all over, **5 minutes**. Spread some **smokey aioli** (see **ingredients list**) over a plate and roll the **corn** cobs in the **aioli** to coat.



6. Serve up

Divide the Mexican bean chilli bake and smokey corn cobs between plates. Sprinkle with the coriander and serve with the **Greek yoghurt**.

Enjoy!