



Mexican Chickpea & Veggie Chilli

with Sour Cream & Baked Tortilla Chips

Grab your Meal Kit with this symbol



Onion



Carrot



Capsicum



Garlic



Chickpeas



Mexican Fiesta Spice Blend



Diced Tomatoes With Garlic & Onion



Vegetable Stock Powder



Mini Flour Tortillas



Herbs



Shredded Cheddar Cheese



Light Sour Cream



Beef Mince

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Spicy (Mexican Fiesta spice blend)

Who knew making veggie chilli from scratch could be so easy? Complete with DIY tortilla chips, serve them straight from the oven while they're still warm - a treat for scooping up the saucy goodness and all the toppings.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

Deep frying pan or large saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1	2
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
hot water*	2 tbs	¼ cup
diced tomatoes with garlic & onion	1 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
butter*	40g	80g
mini flour tortillas	6	12
herbs	1 bag	1 bag
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3867kJ (924Cal)	488kJ (117Cal)
Protein (g)	30g	3.8g
Fat, total (g)	46.2g	5.8g
- saturated (g)	22.9g	2.9g
Carbohydrate (g)	86.7g	10.9g
- sugars (g)	31.5g	4g
Sodium (mg)	2714mg	343mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4779kJ (1142Cal)	521kJ (125Cal)
Protein (g)	58g	6.3g
Fat, total (g)	58g	6.3g
- saturated (g)	28g	3.1g
Carbohydrate (g)	86.7g	9.5g
- sugars (g)	31.5g	3.4g
Sodium (mg)	2792mg	304mg

The quantities provided above are averages only.

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.

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2022 | CW18



Get prepped

Preheat oven to **200°/180°C fan-forced**. Finely chop **onion**. Finely chop **carrot** and **capsicum**. Finely chop **garlic**. Drain and rinse **chickpeas**.

CUSTOM RECIPE

If you've added beef mince, use only 1/2 the chickpeas.



Bake the tortilla chips

While the chilli is simmering, cut **mini flour tortillas** (see ingredients) into wedges. Place on a lined oven tray. Drizzle (or spray) with **olive oil**, then season. Spread out evenly, then bake until golden, **6-8 minutes**.

TIP: If your oven tray is crowded, spread the chips out over two oven trays.



Start the chilli

SPICY! You may find the spice blend hot. Add less if you're sensitive to heat. In a deep frying pan or large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, **carrot** and **capsicum**, stirring, until softened, **5-7 minutes**. Add **Mexican Fiesta spice blend** and **garlic** and cook until fragrant, **1-2 minutes**.

CUSTOM RECIPE

Before cooking the veggies, add beef mince to the pan and cook, breaking up with a spoon, until browned, 2-3 minutes. Continue with the step (keep the mince in the pan!).



Prep the garnish

Meanwhile, roughly chop **herbs**.



Finish the chilli

Add **diced tomatoes with garlic & onion**, **chickpeas**, **vegetable stock powder**, the **brown sugar** and the **hot water** (2 tbs for 2 people / 1/4 cup for 4 people) to the pan. Stir to combine. Bring to the boil, then reduce heat to medium and simmer until slightly thickened, **10-15 minutes**. Stir in the **butter**. Season with **salt** and **pepper**.

CUSTOM RECIPE

Drain the oil from the pan at the start of this step for best results!

TIP: Butter helps balance the acidity of the tomatoes.



Serve up

Divide Mexican chickpea and veggie chilli between bowls. Sprinkle with **shredded Cheddar cheese** and herbs. Top with a dollop of **light sour cream**. Serve with baked tortilla chips.

Enjoy!

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