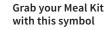


# Mexican Chickpea & Veggie Chilli with Sour Cream & Baked Tortilla Chips





















Chickpeas





**Diced Tomatoes** 



Vegetable Stock

Powder

With Garlic & Onion



Mini Flour



Tortillas







Shredded Cheddar Cheese



Light Sour Cream



**Pantry items** Olive Oil, Brown Sugar, Butter



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.



Before you start Remember to wash your hands for 20 seconds

before you get cooking.

You'll also need to give your fruit and

#### You will need

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

# Ingredients

mig. conc.		
	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	1/4 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

<sup>\*</sup>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)	<b>521kJ</b> (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.

If you have any questions or concerns, please visit hellofresh.com.au/contact 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.



### 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!).



# 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.



# 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.



# Prep the garnish

Meanwhile, roughly chop herbs.



# 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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