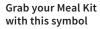


# Mexican Bean & Veggie Chilli with Sour Cream & Baked Tortilla Chips





Prep in: 20-30 mins Ready in: 35-45 mins 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.

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Olive Oil, Brown Sugar, Butter

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

#### 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
brown onion	1	2
carrot	1	2
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
sweetcorn	1tin (125g)	1tin (300g)
Mexican Fiesta spice blend 🥖	1 medium sachet	1 large sachet
passata	2 boxes	4 boxes
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
hot water*	2 tbs	¼ cup
butter*	40g	80g
mini flour tortillas	6	12
coriander	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)	4008kJ (957Cal)	531kJ (126Cal)
Protein (g)	30.1g	4g
Fat, total (g)	47.6g	6.3g
- saturated (g)	24.2g	3.2g
Carbohydrate (g)	92.8g	12.3g
- sugars (g)	32.8g	4.3g
Sodium (mg)	2888mg	383mg

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kj)	4951kJ (1183Cal)	563kJ (134Cal)
Protein (g)	57.5g	6.5g
Fat, total (g)	60.4g	6.9g
- saturated (g)	29.7g	3.4g
Carbohydrate (g)	92.8g	10.6g
- sugars (g)	32.8g	3.7g
Sodium (mg)	2965mg	337mg

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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#### Get prepped

Preheat oven to 200°C/180°C fan-forced.

- Finely chop **brown onion**, **carrot** and **garlic**.
- Drain and rinse black beans. Drain the sweetcorn.

**Custom Recipe:** If you've added beef mince, only use 1/2 the black beans.



#### Start the chilli

Prep the garnish

• Meanwhile, roughly chop coriander leaves.

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

**Custom Recipe:** Before cooking the veggies, add 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 **passata**, **black beans**, **vegetable stock powder**, the **brown sugar** and the **hot water** (2 tbs for 2 people / 1/4 cup for 4 people). 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 bean and veggie chilli between bowls.
- Sprinkle with **shredded Cheddar cheese** and coriander.
- Top with a dollop of **light sour cream**. Serve with baked tortilla chips. Enjoy!

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## Bake the tortilla chips

- While the chilli is simmering, cut **mini flour** tortillas into wedges.
- Place **chips** on a lined oven tray. Drizzle (or spray) with **olive oil**. Season, then arrange in a single layer.
- When the chilli has **10 minutes** remaining, bake the **chips** until golden, **6-8 minutes**.

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