



Mexican Bean & Veggie Chilli

with Sour Cream & Baked Tortilla Chips

Grab your Meal Kit
with this symbol



Brown Onion



Carrot



Garlic



Black Beans



Sweetcorn



Mexican Fiesta
Spice Blend



Passata



Vegetable Stock
Powder



Mini Flour
Tortillas



Coriander



Shredded Cheddar
Cheese



Light Sour
Cream



Beef
Mince

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.

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
brown onion	1	2
carrot	1	2
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
sweetcorn	1 tin (125g)	1 tin (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.

We're here to help!

Scan here if you have any questions or concerns

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1



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.

2



Start the chilli

- 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!).

3



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.

4



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.

5



Prep the garnish

- Meanwhile, roughly chop **coriander** leaves.

6



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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