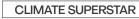


# Mexican Bean & Veggie Chilli with Sour Cream & Baked Tortilla Chips

Grab your Meal Kit with this symbol





Black Beans





Sweetcorn

Garlic

Mexican Fiesta Spice Blend



**Diced Tomatoes** With Garlic & Onion

Vegetable Stock

Mini Flour Tortillas



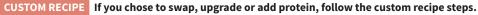
Shredded Cheddar Cheese



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.

Pantry items Olive Oil, Brown Sugar, Butter



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Deep frying pan or large saucepan  $\cdot$  Oven tray lined with baking paper

### Ingredients

	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
garlic	2 cloves	4 cloves		
black beans	1 packet	2 packets		
sweetcorn	<b>1 tin</b> (125g)	<b>1 tin</b> (300g)		
Mexican Fiesta spice blend 🥖	1 medium sachet	1 large sachet		
diced tomatoes with garlic & onion	1 tin	2 tins		
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	4	8		
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)	3704kJ (885Cal)	562kJ (134Cal)
Protein (g)	27.5g	4.2g
Fat, total (g)	45.3g	6.9g
- saturated (g)	22.2g	3.4g
Carbohydrate (g)	83.2g	12.6g
- sugars (g)	25.3g	3.8g
Sodium (mg)	2804mg	425mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4649kJ (1111Cal)	593kJ (142Cal)
Protein (g)	55g	7g
Fat, total (g)	58.1g	7.4g
- saturated (g)	27.8g	3.5g
Carbohydrate (g)	83.2g	10.6g
- sugars (g)	25.3g	3.2g
Sodium (mg)	2879mg	367mg

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!





#### Get prepped

- Preheat oven to 200°C/180°C fan-forced.
- Finely chop **carrot** and **garlic**.
- Drain and rinse **black beans**. Drain **sweetcorn**.

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



#### Start the chilli

• In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **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. Drain the oil from the pan, then continue with the step (keep the mince in the pan!).



# Finish the chilli

- Add diced tomatoes with garlic & onion, 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**.

**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!

# 4

#### Bake the tortilla chips

- While the chilli is simmering, cut **mini flour** tortillas (see ingredients) into wedges.
- Place **tortilla 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 tortilla chips out over two oven trays.



Prep the garnishMeanwhile, roughly chop coriander.

