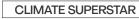


Mexican Bean & Veggie Chilli with Sour Cream & Baked Tortilla Chips

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



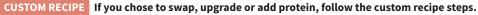
Shredded Cheddar Cheese



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	1 tin (125g)	1 tin (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!

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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.

