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Black Bean & Chocolate Chilli Soup

¡Ai carumba! This Mexican chilli has a lot to love. Adding dark chocolate to the chilli sin carne makes it velvety smooth and rich. To cut through all that dark richness, this is topped with crispy homemade tortilla matchsticks and a deconstructed guacamole of avocado, coriander and lime.



Prep: 10 mins Cook: 30 mins Total: 40 mins



level 1









Garlic



Pumpkin



Cabbage



Mexican Spice Mix



Dark Chocolate



Black Beans



Tortillas



Avocado



Coriander



Lime

2P	4P	Ingredients
2 tbs	4 tbs	olive oil *
1/2	1	red onion, diced
1	2	garlic clove, peeled & crushed
300 g	600 g	butternut pumpkin, cut into cubes A
1 wedge	2 wedges	cabbage, finely shaved
500 ml	1 L	water*
3 tsp	6 tsp	HelloFresh Mexican spice mix
20 g	40 g	dark chocolate, grated or finely chopped
1 tin	2 tins	black beans, drained & rinsed
3	6	tortillas, finely sliced into matchsticks
1	2	avocado, peeled & cubed
1 tbs	2 tbs	coriander, roughly chopped 🕀
1/2	1	lime, cut into wedges 🕀

^{*} Due to the nature of pumpkins, you might find a 10% variance in the weight of pumpkin you receive.

- May feature in another recipe
 - * Good to have at home

Nutrition per serving

Energy	2040	Kj
Protein	16.7	g
Fat, total	22.3	g
-saturated	4.9	g
Carbohydrate	45.7	g
-sugars	14	g
Sodium	517	ms

Measuretool

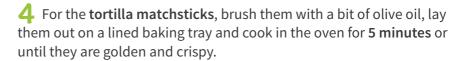
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1		



- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 In a large heavy bottomed pot, heat the olive oil over a medium heat. Add the red onion and the garlic and cook for 2 minutes, being careful not to burn the garlic. Add the pumpkin, cabbage, and water. Season with salt and pepper. Turn the heat down to a gentle simmer and cover the pot for about 15 minutes.



3 Add the Mexican seasoning, chocolate, and black beans to the pan then stir, leaving it to cook for another 5 minutes. Use a handheld blender to pulse the soup just a couple of times to thicken it up. Alternatively, spoon a bit of soup out and blitz with a blender or even mash with a potato masher to get your desired consistency, then stir through remaining soup.





5 Spoon soup into bowls and garnish with the tortilla crisps, avocado, coriander and a wedge of lime.



Did you know? Stressful day? The smell of chocolate triggers relaxation.