



Everything
But The Chef

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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



pantry
items



Red Onion



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 B
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 ⊕

⊕ 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	mg

Measuretool

0 cm	1 cm	2 cm

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



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 hand-held 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.



4 For the **tortilla matchsticks**, brush them with a bit of olive oil, lay them out on a lined baking tray and cook in the oven for **5 minutes** or until they are golden and crispy.

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.