



Mexican Bean-Capsicum Chilli & Avo Crema

with Shredded Cheddar & Baked Tortilla Chips

Grab your Meal Kit with this symbol



Capsicum



Garlic



Black Beans



Sweetcorn



Mexican Fiesta Spice Blend



Passata



Vegetable Stock Powder



Mini Flour Tortillas



Coriander



Avocado



Light Sour Cream



Shredded Cheddar Cheese



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

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

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	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	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
hot water*	1/3 cup	2/3 cup
butter*	40g	80g
mini flour tortillas	4	8
coriander	1 bag	1 bag
avocado	1	2
light sour cream	1 medium packet	1 large packet
shredded Cheddar cheese	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)	4322kJ (1033Cal)	544kJ (130Cal)
Protein (g)	30.4g	3.8g
Fat, total (g)	61.5g	7.7g
- saturated (g)	24.5g	3.1g
Carbohydrate (g)	81.9g	10.3g
- sugars (g)	24.2g	3g
Sodium (mg)	2773mg	349mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5267kJ (1259Cal)	573kJ (137Cal)
Protein (g)	57.9g	6.3g
Fat, total (g)	74.3g	8.1g
- saturated (g)	30.1g	3.3g
Carbohydrate (g)	81.9g	8.9g
- sugars (g)	24.2g	2.6g
Sodium (mg)	2848mg	310mg

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



2023 | CW24



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Cut **capsicum** into bite-sized chunks.
- Finely chop **garlic**.
- Drain and rinse **black beans**.
- Drain **sweetcorn**.

Custom Recipe: If you've added beef mince, only drain half the black beans.



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**.

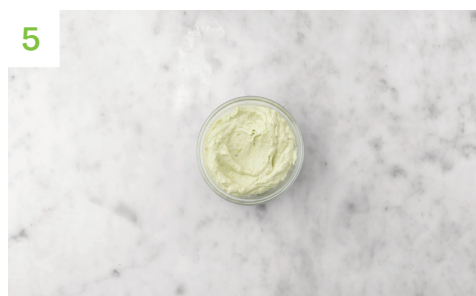
TIP: If your oven tray is getting crowded, spread the tortilla chips out over two oven trays.



Start the chilli

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum** 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 beef mince to the pan and cook, breaking up mince 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!).



Make the avocado crema

- Meanwhile, roughly chop **coriander**.
- Slice **avocado** in half and scoop out flesh. Place **avocado** in a small bowl and mash with a fork.
- Add **light sour cream** and stir to combine. Season to taste.

TIP: For a smoother crema, use a food processor or stick blender.



Finish the chilli

- Add **passata**, **black beans**, **vegetable stock powder**, the **brown sugar** and the **hot water** (1/3 cup for 2 people / 2/3 cup for 4 people). Stir to combine.
- Bring to a simmer, then cook until slightly thickened, **2-3 minutes**.
- Stir in the **butter**. Season with **salt** and **pepper**.

TIP: Butter helps balance the acidity of the tomatoes!



Serve up

- Divide Mexican-bean capsicum chilli between bowls. Sprinkle with **shredded Cheddar cheese**.
- Top with a dollop of avocado crema and sprinkle over coriander.
- Serve with baked tortilla chips. Enjoy!

Rate your recipe

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