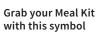


One-Pot Chipotle Black Bean & Veggie Chilli with Avocado Crema & Cheddar Cheese

WINTER WARMERS

CLIMATE SUPERSTAR















Sweetcorn

Carrot











Vegetable Stock







Mild Chipotle



Sauce





Prep in: 15-25 mins Ready in: 35-45 mins A bountiful veggie bowl is just what the doctor ordered! If the bright colours of the dish don't pull you in, the chipotle black bean and Tex-Mex spiced stew will definitely make a serious impression. To make things a little extra fancy, whip up a quick avocado crema to dollop on top!

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 pot or saucepan

Ingredients

J		
	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 medium bag	1 large bag
garlic	3 cloves	6 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	2 medium sachets
passata	1 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
brown sugar*	1 tsp	2 tsp
avocado	1	2
light sour cream	1 medium packet	1 large packet
butter*	20g	40g
mild chipotle sauce	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
mild chorizo**	1 packet (250g)	2 packets (500g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3202kJ (765Cal)	449kJ (107Cal)
Protein (g)	29g	4.1g
Fat, total (g)	45.8g	6.4g
- saturated (g)	17.4g	2.4g
Carbohydrate (g)	52.6g	7.4g
- sugars (g)	23.8g	3.3g
Sodium (mg)	2040mg	286mg
Custom Recipe		

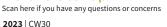
Energy (kJ) Protein (g) 6.2g Fat, total (g) 72.6g 8.7g - saturated (g) 27.5g 3.3g Carbohydrate (g) 54.6g 6.5g - sugars (g) 25.8g 3.1g Sodium (mg) 3429mg 409mg

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

We're here to help!





Get prepped

- Finely chop celery.
- Finely chop garlic.
- Thinly slice carrot into half-moons.
- Drain sweetcorn.
- · Drain black beans (but don't rinse).

TIP: Not rinsing the beans helps to thicken the sauce.

Custom Recipe: If you've added mild chorizo, roughly chop chorizo.



Make the avocado crema

- While veggies are simmering, cut avocado into 1cm cubes.
- In a small bowl, add avocado and light sour cream and lightly mash with a fork until combined. Season to taste.
- When veggies are tender, remove pan from the heat and stir through the butter and mild chipotle sauce. Season to taste with salt and pepper.



Cook the veggies

- In a large pot or saucepan, heat a generous drizzle of olive oil over medium-high heat.
- Add celery and carrot and cook, stirring, until softened, 3-4 minutes. Add garlic and Tex-Mex spice blend and cook until fragrant, 1-2 minutes.
- To the pot with veggies, add black beans, corn, passata, vegetable stock powder, the water and the brown sugar. Stir to combine.
- Cover with a lid and bring to the boil, then reduce the heat to medium and simmer, covered and stirring occasionally, until veggies are tender, 15-20 minutes.

Custom Recipe: Heat pan as above. Cook chorizo with the veggies, stirring, until golden, 4-6 minutes. Continue with the step.



Serve up

- Divide the one-pot black bean, veggie and chipotle stew between bowls.
- Top with **shredded Cheddar cheese** and avocado crema to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

