

One-Pot Chipotle Black Bean & Capsicum Chili

with Avocado Crema & Cheddar Cheese

WINTER WARMERS

BESTSELLER

Grab your Meal Kit with this symbol



Celery



Capsicum



Carrot



Garlic



Sweetcorn



Black Beans



Tex-Mex Spice Blend



Passata



Vegetable Stock Powder



Avocado



Light Sour Cream



Mild Chipotle Sauce



Shredded Cheddar Cheese



Mild Chorizo

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!

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 saucepan with a lid (or foil)

Ingredients

| | 2 People | 4 People |
|-------------------------|--------------------|---------------------|
| olive oil* | refer to method | refer to method |
| celery | 1 medium bag | 1 large bag |
| capsicum | 1 | 2 |
| carrot | 1 | 2 |
| garlic | 3 cloves | 6 cloves |
| sweetcorn | 1 tin (125g) | 1 tin (300g) |
| black beans | 1 packet | 2 packets |
| Tex-Mex spice blend | 1 medium sachet | 1 large sachet |
| passata | 1 box | 2 boxes |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| water* | ¾ cup | 1 ½ 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) | 3250kJ (777Cal) | 401kJ (96Cal) |
| Protein (g) | 30.4g | 3.8g |
| Fat, total (g) | 46.1g | 5.7g |
| - saturated (g) | 17.4g | 2.1g |
| Carbohydrate (g) | 53.5g | 6.6g |
| - sugars (g) | 24.6g | 3g |
| Sodium (mg) | 2042mg | 252mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4675kJ (1117Cal) | 500kJ (120Cal) |
| Protein (g) | 53.4g | 5.7g |
| Fat, total (g) | 72.9g | 7.8g |
| - saturated (g) | 27.5g | 2.9g |
| Carbohydrate (g) | 55.4g | 5.9g |
| - sugars (g) | 26.6g | 2.8g |
| Sodium (mg) | 3431mg | 367mg |

The quantities provided above are averages only.

Allergens

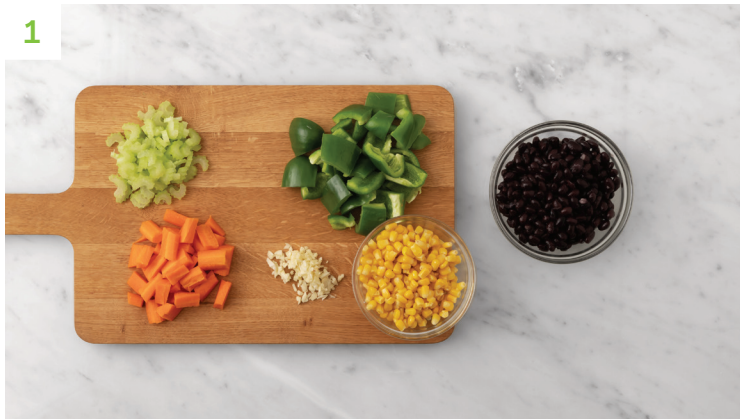
Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Finely chop **celery**.
- Cut **capsicum** and **carrot** into bite-sized chunks.
- Finely chop **garlic**.
- 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.

3



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**.

2



Cook the veggies

- In a large saucepan, heat a generous drizzle of **olive oil** over medium-high heat. Add **celery**, **carrot** and **capsicum** and cook, stirring, until softened, **3-4 minutes**.
- Add **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1-2 minutes**.
- Add **black beans**, **corn**, **passata**, **vegetable stock powder**, the **water** and the **brown sugar** and 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 the veggies are tender, **15-20 minutes**.

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

4



Serve up

- Divide the one-pot black bean and capsicum 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