

# One-Pan American Black Bean Chilli

with Spinach Salsa, Tortilla Chips & Sour Cream

WINTER WARMERS

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Carrot



Baby Spinach Leaves



Tomato



Black Beans



Garlic Paste



All-American Spice Blend



Passata



Vegetable Stock Pot



Cheddar Cheese



Light Sour Cream



Beef Mince

Prep in: 15-25 mins  
Ready in: 15-25 mins

Pack tonight's chilli with loads of black beans and then ramp up the flavour with fragrant spices and passta. Top it with an easy spinach salsa, sour cream and Cheddar cheese for a meal that's sure to please.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
mini flour tortillas	6	12
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
black beans	1 packet	2 packets
garlic paste	1 packet	2 packets
All-American spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
<b>butter*</b>	20g	40g
<b>water*</b>	¼ cup	½ cup
passata	1 boxes	2 boxes
vegetable stock pot	1 packet (20g)	2 packets (40g)
<b>white wine vinegar*</b>	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3218kJ (769Cal)	518kJ (124Cal)
Protein (g)	32.1g	5.2g
Fat, total (g)	31g	5g
- saturated (g)	15.8g	2.5g
Carbohydrate (g)	82g	13.2g
- sugars (g)	21.9g	3.5g
Sodium (mg)	2051mg	330mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4163kJ (995Cal)	558kJ (133Cal)
Protein (g)	59.6g	8g
Fat, total (g)	43.8g	5.9g
- saturated (g)	21.4g	2.9g
Carbohydrate (g)	82g	11g
- sugars (g)	21.9g	2.9g
Sodium (mg)	2126mg	285mg

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](https://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



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## Start the chilli

- Preheat oven to **200°C/180°C fan-forced**.
- Slice **mini flour tortillas** into quarters.
- Grate **carrot**. Roughly chop **baby spinach leaves** and **tomato**. Drain and rinse **black beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until tender, **2-3 minutes**.
- Add **black beans**, **garlic paste** and **All-American spice blend**, and cook until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've added beef mince, only drain half the black beans. Cook beef mince with carrot, breaking up with a spoon, until just browned, 3-4 minutes. Drain oil from pan before adding the black beans and flavouring. Continue as above.

3



## Make the salsa

- Spread **tortilla** pieces over a lined oven tray (don't worry if they overlap).
- Drizzle with **olive oil** and season with **salt**. Bake until lightly golden and crisp, **8-10 minutes**.
- Meanwhile, in a medium bowl, combine **baby spinach leaves**, **tomato**, a drizzle of the **white wine vinegar** and **olive oil**. Season.

2



## Finish the chilli

- Stir in the **butter**, the **water**, **passata** and **vegetable stock pot**, until combined and slightly reduced, **1-2 minutes**.
- Season to taste.

4



## Serve up

- Divide American black bean chilli between bowls. Sprinkle over **Cheddar cheese**.
- Top with spinach salsa and **light sour cream**.
- Serve with tortilla chips. Enjoy!

## Rate your recipe

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