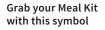


# Haunting Bean Chilli with Sour 'Scream' & Tortilla Chips

HALLOWEEN

**CUSTOMER FAVOURITE** 

**CLIMATE SUPERSTAR** 













Corn Kernels

Black Beans



Mexican Fiesta



Spice Blend



Vegetable Stock



Powder



Coriander



Tortillas

Cheddar Cheese



Light Sour Cream





Don't be frightened of this haunting bean chilli! 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 the sour 'scream'.

**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 · Oven tray lined with baking paper

# **Ingredients**

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
black beans	1 packet	2 packets
corn kernels	1 small tin	2 small tins
Mexican Fiesta spice blend 🥖	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
hot water*	2 tbs	½ cup
butter*	40g	80g
mini flour tortillas	4	8
coriander	1 bag	1 bag
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

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3896kJ (931Cal)	561kJ (134Cal)
Protein (g)	34.4g	5g
Fat, total (g)	45.2g	6.5g
- saturated (g)	22.4g	3.2g
Carbohydrate (g)	88g	12.7g
- sugars (g)	23.7g	3.4g
Sodium (mg)	2783mg	401mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4842kJ (1157Cal)	591kJ (141Cal)
Protein (g)	62g	7.6g
Fat, total (g)	58.1g	7.1g
- saturated (g)	28g	3.4g
Carbohydrate (g)	88g	10.7g
- sugars (g)	23.7g	2.9g
Sodium (mg)	2857mg	349mg

The quantities provided above are averages only.

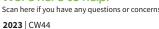
## **Allergens**

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





# Get prepped

- Preheat oven to 200°C/180°C fan-forced.
- Finely chop carrot and garlic.
- Drain and rinse black beans.
- Drain corn kernels.

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



# Start the chilli

- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Cook carrot 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 mince to the pan and cook, breaking up with a spoon, until browned, 2-3 minutes. Drain oil from the saucepan, then continue with the step (keep the mince in the saucepan!).



## Finish the chilli

- · Add diced tomatoes with garlic & onion, black beans, vegetable stock powder, the brown sugar and the hot water (2 tbs for 2 people / 1/4 cup for 4 people). Stir to combine.
- Bring to the boil then reduce heat to medium and simmer until slightly thickened, 10-15 minutes.
- Stir in the **butter**. Season with **salt** and **pepper**.

**TIP:** Butter helps balance the acidity of the tomatoes!



# 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.



# Prep the garnish

• Meanwhile, roughly chop coriander.



# Serve up

- Divide Mexican bean and veggie chilli between bowls.
- Sprinkle with **Cheddar cheese** and coriander.
- Top with a dollop of light sour cream. Serve with baked tortilla chips. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

