



Fiery Black Bean Soup

with Charred Corn & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Corn Kernels



Black Beans



Red Onion



Celery



Baby Spinach Leaves



Coriander



Carrot



Mini Flour Tortillas



Mexican Fiesta Spice Blend



Garlic & Herb Seasoning



Diced Tomatoes with Garlic & Onion



Vegetable Stock Powder



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins



Calorie Smart*
**Custom Recipe is not Plant Based or Calorie Smart*



Plant Based*

These tortilla chips are ready to dunk and dive into this fiery black bean soup. It is also packed with some serious veggies and a serious kick of heat.

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

Pantry items

Olive Oil, Brown Sugar, Plant-Based 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

Oven tray lined with baking paper · Large saucepan

Ingredients

| | 2 People | 4 People |
|------------------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| corn kernels | 1 small tin | 2 small tins |
| black beans | 1 packet | 2 packets |
| red onion | 1 | 2 |
| celery | 1 medium bag | 1 large bag |
| baby spinach leaves | 1 medium bag | 1 large bag |
| coriander | 1 bunch | 1 bunch |
| carrot | 1 | 2 |
| mini flour tortillas | 6 | 12 |
| Mexican Fiesta spice blend | 1 sachet | 2 sachets |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| diced tomatoes with garlic & onion | 1 box | 2 boxes |
| vegetable stock powder | 1 large sachet | 2 large sachets |
| water* | 1½ cups | 3 cups |
| brown sugar* | 1 tsp | 2 tsp |
| plant-based butter* | 20g | 40g |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2701kJ (646Cal) | 380kJ (91Cal) |
| Protein (g) | 23.7g | 3.3g |
| Fat, total (g) | 17g | 2.4g |
| - saturated (g) | 3.9g | 0.5g |
| Carbohydrate (g) | 89.8g | 12.6g |
| - sugars (g) | 29g | 4.1g |
| Sodium (mg) | 3460mg | 486mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 3454kJ (826Cal) | 394kJ (94Cal) |
| Protein (g) | 57.6g | 6.6g |
| Fat, total (g) | 21.7g | 2.5g |
| - saturated (g) | 5.4g | 0.6g |
| Carbohydrate (g) | 89.8g | 10.2g |
| - sugars (g) | 29g | 3.3g |
| Sodium (mg) | 3545mg | 404mg |

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**. Drain **corn kernels**. Drain and rinse **black beans**.
- Finely chop **red onion** and **celery**. Roughly chop **baby spinach leaves** and **coriander**. Thinly slice **carrot** into half-moons.
- Slice **mini flour tortillas** into quarters. Spread 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**.

TIP: Keep an eye on the tortilla chips. You want them crisp, but not burnt!

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. Drain and rinse half the black beans.



Finish the soup

- To the saucepan, add **diced tomatoes with garlic & onion**, **vegetable stock powder**, **black beans**, the **water** and the **brown sugar**. Cook, stirring, until slightly thickened, **5-6 minutes**.
- Add the **plant-based butter** and **baby spinach leaves** and cook, stirring, until melted and combined, **1 minute**. Season to taste

Custom Recipe: Add cooked chicken to the saucepan with the baby spinach.



Start the soup

- While the tortillas are baking, heat a large saucepan over high heat.
- Cook **corn** until lightly browned, **4-5 minutes**. Transfer to a bowl.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **onion** and **celery**, tossing, until slightly softened, **4-5 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **Mexican Fiesta spice blend** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.

TIP: Add a dash of water to the veggies to help speed up the cooking process.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate. Continue as above.



Serve up

- Divide Mexican black bean soup between bowls.
- Top with charred corn and sprinkle with coriander.
- Serve with tortilla chips. Enjoy!

Rate your recipe

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