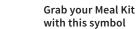


One-Pan American Black Bean Chilli

with Spinach Salsa, Tortilla Chips & Sour Cream

CLIMATE SUPERSTAR









Tortillas



Baby Spinach







Black Beans





All-American Spice



Blend



Vegetable Stock



Cheddar Cheese



Light Sour Cream





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.

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

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	2 People	4 People		
olive oil*	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		
butter*	20g	40g		
water*	1/4 cup	½ cup		
passata	1 box	2 boxes		
vegetable stock pot	1 packet (20g)	2 packets (40g)		
white wine vinegar*	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)	3177kJ (759Cal)	542kJ (130Cal)
Protein (g)	31.9g	5.4g
Fat, total (g)	31g	5.3g
- saturated (g)	15.9g	2.7g
Carbohydrate (g)	79.8g	13.6g
- sugars (g)	19.9g	3.4g
Sodium (mg)	2034mg	347mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4123kJ (985Cal)	580kJ (139Cal)
Protein (g)	59.5g	8.4g
Fat, total (g)	43.8g	6.2g
- saturated (g)	21.5g	3g
Carbohydrate (g)	79.8g	11.2g
- sugars (g)	19.9g	2.8g
Sodium (mg)	2108mg	297mg

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





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.



Make the salsa

- Spread **tortilla quarters** 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 white wine vinegar and olive oil. Season.



Finish the chilli

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



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

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