



One-Pot Chipotle Black Bean Chilli

with Avocado Crema

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Carrot



Sweetcorn



Black Beans



Tex-Mex Spice Blend



Passata



Vegetable Stock Powder



Avocado



Light Sour Cream



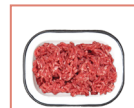
Baby Spinach Leaves



Mild Chipotle Sauce



Cheddar Cheese



Beef Mince

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 pot or saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
sweetcorn	1 tin	1 tin
black beans	1 packet	2 packets
Tex-Mex spice blend	1 sachet	2 sachets
passata	1 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
brown sugar*	1 tsp	2 tsp
avocado	1	2
light sour cream	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
mild chipotle sauce	1 packet	2 packets
Cheddar cheese	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)	2527kJ (604Cal)	469kJ (112Cal)
Protein (g)	27g	5g
Fat, total (g)	29.9g	5.6g
- saturated (g)	15.2g	2.8g
Carbohydrate (g)	49.9g	9.3g
- sugars (g)	21.4g	4g
Sodium (mg)	1994mg	370mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3473kJ (830Cal)	523kJ (125Cal)
Protein (g)	54.6g	8.2g
Fat, total (g)	42.8g	6.5g
- saturated (g)	20.8g	3.1g
Carbohydrate (g)	49.9g	7.5g
- sugars (g)	21.4g	3.2g
Sodium (mg)	2068mg	312mg

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



2024 | CW08

1



Get prepped

- Finely chop **garlic**.
- Thinly slice **carrot** into half-moons.
- Drain **sweetcorn**.
- Drain **black beans** (but don't rinse).

TIP: Not rinsing the beans helps to thicken the sauce.

3



Make the avocado crema

- While the chilli is 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 the veggies are tender, remove pan from the heat and stir through **baby spinach leaves**, the **butter** and **mild chipotle sauce**. Season to taste with **salt** and **pepper**.

2



Cook the stew

- In a large pot or saucepan, heat a generous drizzle of **olive oil** over medium-high heat.
- Add **carrot** 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 **brown sugar** and stir to combine.
- Cover with a lid and bring to the boil, then reduce heat to medium and simmer, stirring occasionally, until veggies are tender, **15-20 minutes**.

Custom Recipe: If you've added beef mince, before cooking the carrot, heat pan as above. Cook beef mince, breaking up with a spoon, until browned, 3-4 minutes. Drain oil from pan, then add carrot. Continue with step.

4



Serve up

- Divide the one-pot chipotle black bean chilli between bowls.
- Top with **Cheddar cheese** and avocado crema to serve. Enjoy!

Custom Recipe: Divide one-pot chipotle beef and black bean stew between bowls.

Rate your recipe

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