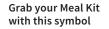


One-Pan American Black Bean Chilli

with Spinach Salsa, Tortilla Chips & Sour Cream

CLIMATE SUPERSTAR









Tortillas





Baby Spinach Leaves

Tomato





Black Beans

Garlic Paste



All-American Spice Blend



Vegetable Stock



Cheddar Cheese







Pack tonight's chilli with loads of black beans and then ramp up the flavour with fragrant spices and passata. 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

3			
	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 packet	1 medium packet	
tomato	1	2	
black beans	1 packet	2 packets	
garlic paste	1 packet	2 packets	
All-American spice blend	1 medium sachet	1 large sachet	
butter*	20g	40g	
water*	1/4 cup	½ cup	
passata	1 packet	2 packets	
vegetable stock pot	1 packet	2 packets	
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 medium packet	2 medium 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 Energy (kJ) 4123kJ (985Cal) 59.5g 8.4g Protein (g) Fat, total (g) 43.8g 6.2g 21.5g - saturated (g) 3g Carbohydrate (g) 79.8g 11.2g - sugars (g) 19.9g 2.8g 2108mg 297mg Sodium (mg)

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, drain and rinse half the black beans. Cook beef mince with carrot, breaking up with a spoon, until just browned, 3-4 minutes. Drain oil from pan. Continue as above.



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 crispy, 8-10 minutes.
- Meanwhile, in a medium bowl, combine baby spinach leaves, tomato and 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!

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