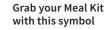


# Tex-Mex Chorizo & Black Bean Stew

with HomemadeTortilla Chips & Silverbeet

FAMILY BUNDLE

KID FRIENDLY









Sweetcorn







Mild Chorizo

Silverbeet





Lemon

Mini Flour Tortillas



Tex-Mex Spice

**Diced Tomatoes** 

With Garlic & Onion



Cheddar Cheese





Prep in: 15-25 mins Ready in: 15-25 mins

Eat Me Early\* \*Custom Recipe only The easiest way to eat more legumes? Simmer them with vibrant veggies and Tex-Mex spices, then add chorizo and cheese! Scoop up the deliciousness with warm tortilla chips and you're very welcome.

**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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
black beans	½ medium packet	1 medium packet
mild chorizo	1 packet	2 packets
silverbeet	1 medium packet	1 large packet
lemon	1/2	1
mini flour tortillas	6	12
Tex-Mex spice blend	1 medium sachet	2 medium sachets
diced tomatoes with garlic & onion	½ packet	1 packets
brown sugar*	1 tsp	2 tsp
water*	1/4 cup	½ cup
butter*	30g	60g
Cheddar cheese	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

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

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4340kJ (1037Cal)	637kJ (152Cal)
Protein (g)	43.1g	6.3g
Fat, total (g)	62.1g	9.1g
- saturated (g)	26.3g	3.9g
Carbohydrate (g)	69.8g	10.2g
- sugars (g)	20.7g	3g
Sodium (mg)	3480mg	511mg

### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5053kJ (1208Cal)	<b>597kJ</b> (143Cal)
Protein (g)	79.6g	9.4g
Fat, total (g)	64.5g	7.6g
- saturated (g)	27.1g	3.2g
Carbohydrate (g)	70g	8.3g
- sugars (g)	20.7g	2.4g
Sodium (mg)	3550mg	419mg

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





- Preheat oven to 200°C/180°C fan-forced.
- Drain sweetcorn. Drain and rinse black beans (see ingredients).
- Roughly chop mild chorizo and silverbeet.
- Slice lemon into wedges. Slice mini flour tortillas into quarters.
- Spread mini flour tortillas over a lined oven tray (don't worry if they
- Drizzle with olive oil and season with salt. Bake until lightly golden and crispy, 8-10 minutes.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



### Finish the stew

- · Reduce heat to medium-high, then stir through Tex-Mex spice blend, diced tomatoes with garlic & onion (see ingredients), the brown sugar, black beans and water. Cook until slightly thickened, 2-3 minutes.
- Remove pan from heat. Add the butter and silverbeet, stirring to combine, until silverbeet is wilted. Season with pepper.

TIP: The spice blend is mild, but use less if you're sensitive to heat!



## Cook the chorizo & sweetcorn

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chorizo** and **sweetcorn**, stirring occasionally, until golden, 5-6 minutes.

TIP: Cover the pan with a lid if the corn kernels are "popping out."

Custom Recipe: Cook chicken with chorizo and corn, until chicken is browned and cooked through (when no longer pink inside), 5-6 minutes.



# Serve up

- Divide Tex-Mex chorizo and black bean stew between bowls.
- · Sprinkle with Cheddar cheese.
- Serve with tortilla chips and lemon wedges. Enjoy!

Custom Recipe: Divide Tex-Mex chicken, chorizo and black bean stew between bowls.

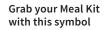


# Classic Chocolate Self-Saucing Pudding

with Cream

FAMILY BUNDLE

KID FRIENDLY













Prep in: 15-25 mins Ready in: 15-25 mins **Pantry items** Butter, Eggs, Milk

# Before you start

Wash your hands and any fresh food.

If you're cooking for 6, double the below quantities and store the leftovers in an airtight container.

### You will need

15x20cm baking dish

# Ingredients

	4 People
butter*	80g
chocolate brownie mix	1 medium packet
eggs*	2
milk*	5 tbs
boiling water*	1¼ cups
light cooking cream	1 medium packet

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2488kJ (594Cal)	1331kJ (318Cal)
Protein (g)	9.9g	5.3g
Fat, total (g)	29.2g	15.6g
- saturated (g)	17.2g	9.2g
Carbohydrate (g)	72.6g	38.8g
- sugars (g)	59.6g	31.9g
Sodium (mg)	230mg	123mg

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.



# Get prepped

- Preheat oven to 180°C/160°C fan-forced. Boil the kettle.
- Melt the **butter** in the microwave or a saucepan.
- Reserve 2 tbs of **chocolate brownie mix** and set aside.



# Combine the ingredients

- Crack the **eggs** into a large mixing bowl.
- Add remaining chocolate brownie mix, the milk, melted butter and a pinch of salt. Stir until well combined.



# Bake the pudding

- Pour chocolate mixture into a baking dish. Evenly sprinkle over reserved
  chocolate brownie mix, then gently pour 1¼ cups boiling water over the
  back of a large metal spoon to cover the pudding.
- Bake until pudding is just set and the centre has a wobble, **35-38 minutes**.
- Remove from oven. Rest pudding for 5 minutes.

**TIP:** Pouring the water over the back of a spoon is a gentle way of adding the water without damaging the pudding.



# Serve up

- Divide chocolate self-saucing pudding between bowls.
- Serve with **light cooking cream**. Enjoy!



<sup>\*</sup> Nutritional information is based on 4 servings.