



Tex-Mex Chorizo & Black Bean Stew

with Homemade Tortilla Chips & Silverbeet

FAMILY BUNDLE

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweetcorn



Black Beans



Mild Chorizo



Silverbeet



Lemon



Mini Flour Tortillas



Tex-Mex Spice Blend



Diced Tomatoes With Garlic & Onion



Cheddar Cheese



Chicken Breast

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.

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

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	½	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*	¼ 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

*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	51mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5053kJ (1208Cal)	597kJ (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



Get prepped & make tortilla chips

- 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 overlap!).
- 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.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate



Classic Chocolate Self-Saucing Pudding with Cream

FAMILY BUNDLE

KID FRIENDLY

Grab your Meal Kit
with this symbol



Chocolate Brownie
Mix



Light Cooking
Cream



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

Finish your feast with the very best kind of chocolate pudding—a self-saucing one! Cakey on top and with a rich chocolate sauce underneath, it's an indulgent dessert that is sure to please.

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

*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.

*Nutritional information is based on 4 servings.

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.

1



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.

3



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.

2



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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate