HELLO FRESH

American Black Bean Chilli & Spinach Salsa
with Tortilla Chips, Sour Cream & Cheddar

CLIMATE SUPERSTAR

Mini Flour Tortillas	Carrot
Baby Spinach Leaves	Tomato
Black Beans	Garlic Paste
All-American Spice Blend	Passata
Vegetable Stock Pot	Cheddar Cheese
Light Sour Cream	Beef Mince

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

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items
Olive Oil, Butter, White Wine Vinegar

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You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	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 medium packet	2 medium packets
garlic paste	1 medium packet	2 medium packets
All-American spice blend	1 medium sachet	1 large sachet
*butter**	20g	40g
*water**	¼ cup	½ cup
passata	1 packet	2 packets
vegetable stock pot	1 medium packet	2 medium 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
Dietary Fibre (g)	17.7g	3g

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
Dietary Fibre (g)	17.7g	2.5g

The quantities provided above are averages only.

1
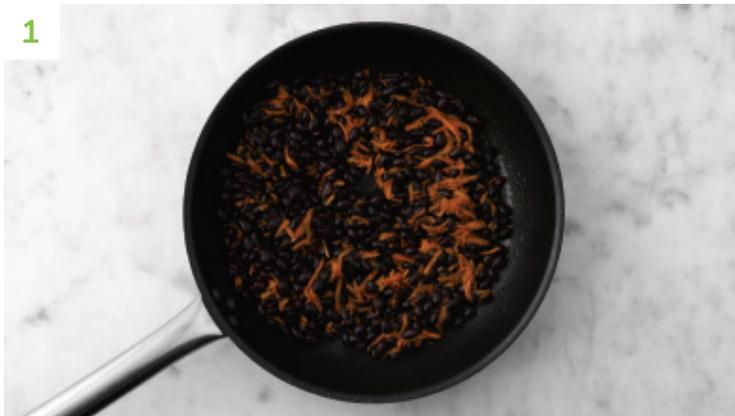
Start the chilli

- 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.

2

Finish the chilli

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

3

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.

4

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!