



Tex-Mex Chorizo & Black Bean Stew

with Homemade Tortilla Chips & Silverbeet

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Black Beans



Celery



Mild Chorizo



Silverbeet



Lemon



Mini Flour Tortillas



Tex-Mex Spice Blend



Diced Tomatoes With Garlic & Onion



Cheddar Cheese



Chicken Breast

Recipe Update

We've replaced the sweetcorn in this recipe with celery due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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 tomatoes 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 |
| black beans | ½ medium packet | 1 medium packet |
| celery | 1 medium packet | 1 large 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 packet |
| 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) | 4297kJ (1027Cal) | 655kJ (157Cal) |
| Protein (g) | 41.5g | 6.3g |
| Fat, total (g) | 61.3g | 9.3g |
| - saturated (g) | 26g | 4g |
| Carbohydrate (g) | 70.2g | 10.7g |
| - sugars (g) | 20.9g | 3.2g |
| Sodium (mg) | 3374mg | 514mg |
| Dietary Fibre (g) | 15g | 2.3g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 5013kJ (1198Cal) | 610kJ (146Cal) |
| Protein (g) | 78.1g | 9.5g |
| Fat, total (g) | 63.8g | 7.8g |
| - saturated (g) | 26.8g | 3.3g |
| Carbohydrate (g) | 70.4g | 8.6g |
| - sugars (g) | 20.9g | 2.5g |
| Sodium (mg) | 3444mg | 419mg |
| Dietary Fibre | 15.1g | 1.8g |

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 and rinse **black beans (see ingredients)**. Finely chop **celery**.
- 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**.

Little cooks: Take charge by rinsing the black beans!

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 & celery

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

Custom Recipe: Cook chicken with chorizo and celery, tossing occasionally, 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!

Little cooks: Take the lead and sprinkle the stew with cheese!

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

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate