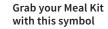


# Loaded Potato Chunks & Smokey Bean Chilli

with Sour Cream

CLIMATE SUPERSTAR















Zucchini

Carrot





Garlic Paste

Cannellini Beans



All-American Spice Blend







**Baby Spinach** 





Smoked Cheddar Cheese





**Pantry items** Olive Oil

Prep in: 30-40 mins Ready in: 35-45 mins



You're in for a treat with this American-spiced, veggie-loaded bean chilli; it has a subtle sweetness from a bit of BBQ sauce, and is the perfect match for the melty smoked Cheddar potatoes. Serve with a dollop of sour cream for a touch of tang.

# 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

# Ingradients

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
brown onion	1	2		
carrot	1	2		
zucchini	1	2		
cannellini 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		
BBQ sauce	1 medium packet	2 medium packets		
passata	1 packet	2 packets		
baby spinach leaves	1 medium packet	2 medium packets		
light sour cream	1 medium packet	1 large packet		
smoked Cheddar cheese	1 medium packet	2 medium packets		
beef mince**	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)	2665kJ (637Cal)	305kJ (73Cal)
Protein (g)	29.1g	3.3g
Fat, total (g)	21g	2.4g
- saturated (g)	9.4g	1.1g
Carbohydrate (g)	74.1g	8.5g
- sugars (g)	32.8g	3.7g
Sodium (mg)	1324mg	151mg
Dietary Fibre (g)	24.4g	2.8g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3611kJ</b> (863Cal)	361kJ (86Cal)
Protein (g)	56.7g	5.7g
Fat, total (g)	33.8g	3.4g
- saturated (g)	15g	1.5g
Carbohydrate (g)	74.1g	7.4g
- sugars (g)	32.8g	3.3g
Sodium (mg)	1398mg	140mg
Dietary Fibre	24.4g	2.4g

The quantities provided above are averages only.

# Alleraens

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



2024 | CW21



# Roast the potato

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into bite-sized chunks.
- Place potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until just tender, 15-20 minutes (it will finish roasting in step 5!).

**TIP:** If your oven tray is crowded, divide the potato between two trays.



# Get prepped

- Meanwhile, finely chop brown onion.
- · Grate carrot and zucchini.
- Drain and rinse cannellini beans.

Custom Recipe: If you've added beef mince, drain and rinse half the cannellini beans.



# Start the chilli

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion, carrot and zucchini, stirring, until softened, 5-6 minutes.
- · Add garlic paste and cook until fragrant, 1 minute.

**Custom Recipe:** Cook beef mince with the veggies, breaking up with a spoon, 5-6 minutes.



# Finish the chilli

- Stir in cannellini beans, All-American spice blend and BBQ sauce. Add passata and a splash of water and cook, stirring, until well combined.
- · Season to taste, reduce heat to medium and simmer until thickened, 3-4 minutes.
- Remove pan from heat, then add baby spinach leaves, stirring, until just wilted, 1 minute.



# Finish the potato

- · Meanwhile, grate smoked Cheddar cheese. Remove potato from oven. Sprinkle with smoked Cheddar cheese.
- · Roast until potato is tender and cheese is melted, a further 5 minutes.



# Serve up

- Divide cheesy loaded potato chunks between plates.
- Top with smokey bean chilli
- · Serve with light sour cream. Enjoy!

