



Loaded Potato Chunks & Smokey Bean Chili with Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Brown Onion



Carrot



Zucchini



Cannellini Beans



Garlic Paste



All-American Spice Blend



BBQ Sauce



Passata



Baby Spinach Leaves



Light Sour Cream



Smoked Cheddar Cheese



Beef Mince

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

Calorie Smart*
**Custom recipe is not Calorie Smart*

You're in for a treat with this American-spiced, veggie-loaded bean chili; 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.

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

Pantry items

Olive Oil

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
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

*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)	3611kJ (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.

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



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.



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**.



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.



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**.



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.



Serve up

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

Rate your recipe

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