



American Black Bean Chilli & Spinach Salsa

with Tortilla Chips, Sour Cream & Cheddar

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Brown Onion



Baby Spinach Leaves



Carrot



Tomato



Black Beans



Garlic Paste



All-American Spice Blend



Passata



Vegetable Stock Pot



Cheddar Cheese



Light Sour Cream



Coriander



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

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
brown onion	1	2
baby spinach leaves	1 small packet	1 medium packet
carrot	1	2
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
coriander	1 packet	1 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)	3418kJ (817Cal)	495kJ (118Cal)
Protein (g)	34.1g	4.9g
Fat, total (g)	31.7g	4.6g
- saturated (g)	17g	2.5g
Carbohydrate (g)	90.7g	13.1g
- sugars (g)	26.3g	3.8g
Sodium (mg)	2068mg	299mg
Dietary Fibre (g)	17.1g	2.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4364kJ (1043Cal)	535kJ (128Cal)
Protein (g)	61.6g	7.6g
Fat, total (g)	44.5g	5.5g
- saturated (g)	22.6g	2.8g
Carbohydrate (g)	90.7g	11.1g
- sugars (g)	26.3g	3.2g
Sodium (mg)	2142mg	263mg
Dietary Fibre (g)	17.1g	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



Start the chilli

- Preheat oven to **200°C/180°C fan-forced**.
- Slice **mini flour tortillas** into quarters. Finely chop **onion**. Roughly chop **baby spinach leaves** and **tomato**.
- Grate **carrot**. Drain and rinse **black beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **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. Continue as above.



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.



Finish the chilli

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



Serve up

- Divide American black bean chilli between bowls.
- Sprinkle over **Cheddar cheese**.
- Top with spinach salsa and **light sour cream**. Tear over **coriander**.
- Serve with tortilla chips. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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