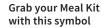


American Black Bean Chilli & Spinach Salsa

with Tortilla Chips, Sour Cream & Cheddar

CLIMATE SUPERSTAR







Tortillas





Baby Spinach Leaves

Carrot





Tomato





Garlic Paste

All-American Spice Blend











Cheddar Cheese



Coriander



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.

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*	1/4 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	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!

Did we make your tastebuds happy?

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