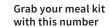


# American Black Bean Chilli & Spinach Salsa

with Tortilla Chips, Sour Cream & Cheddar

CLIMATE SUPERSTAR









Mini Flour Tortillas



Carrot



**Brown Onion** 



**Baby Spinach** 





Tomato



Garlic Paste



Black Beans

All-American Spice Blend



Passata



Vegetable Stock



Cheddar Cheese



**Light Sour** Cream



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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Oven tray lined with baking paper

# Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
carrot	1	2
brown onion	1	2
baby spinach leaves	1 small packet	1 medium packet
tomato	1	2
black beans	1 packet	2 packets
garlic paste	1 packet	2 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 packet	2 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

#### \*Pantry Items

#### **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)	20g	2.9g

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.



### Start the chilli

- Preheat oven to 200°C/180°C fan-forced.
- Slice mini flour tortillas into quarters. Grate carrot. Finely chop brown onion. Roughly chop baby spinach leaves and tomato. Drain and rinse black beans.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot and onion, stirring, until tender, 2-3 minutes.
- Add black beans, garlic paste and All-American spice blend and cook until fragrant, 1-2 minutes.



### Finish the chilli

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



## 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.



# 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!



