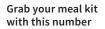


Smokey Black Bean Chilli & Tortilla Chips with Spinach Salsa, Sour Cream & Cheddar

WINTER WARMERS

CLIMATE SUPERSTAR











Carrot

Tortillas





Brown Onion



Baby Spinach





Tomato





Black Beans

All-American Spice Blend



Diced Tomatoes



with Onion & Garlic



Cheddar Cheese



Light Sour

Vegetable Stock



Coriander





Pantry items

Olive Oil, Butter, White Wine Vinegar

Prep in: 15-25 mins Ready in: 15-25 mins

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

3		
	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
diced tomatoes with onion & garlic	½ packet	1 packet
vegetable stock pot	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
Cheddar cheese light sour cream coriander	1 medium packet 1 medium packet	1 large packet 1 large packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3396kJ (812Cal)	492kJ (118Cal)
34.1g	4.9g
31.7g	4.6g
17g	2.5g
89.3g	12.9g
25.8g	3.7g
2058mg	298mg
20.4g	3g
	3396kJ (812Cal) 34.1g 31.7g 17g 89.3g 25.8g 2058mg

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, diced tomatoes with onion & garlic (see ingredients) and vegetable stock pot, until combined and slightly reduced, 1-2 minutes. Season to taste.



Make the tortilla chips and toss 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, tomato and a drizzle
 of white wine vinegar and olive oil. Season.



Serve up

- Divide smokey 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!



