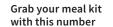


# Quick Black Bean Chilli & Tortilla Chips with Sour Cream & Cheddar

CLIMATE SUPERSTAR









Tortillas





Capsicum







Garlic Paste



All-American



Passata

Spice Blend



Cheddar Cheese





Coriander







**Pantry items** Olive Oil, Butter

## 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

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
red onion	1	2
capsicum	1	2
carrot	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
Cheddar cheese	1 large packet	2 large packets
light sour cream	1 medium packet	1 large packet
coriander	1 packet	2 packets

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3450kJ (825cal)	245kJ (59cal)
Protein (g)	33.8g	2.4g
Fat, total (g)	32.1g	2.3g
- saturated (g)	16.5g	1.2g
Carbohydrate (g)	90.3g	6.4g
- sugars (g)	25.5g	1.8g
Sodium (mg)	2043mg	145.1mg
Dietary Fibre (g)	20.5g	1.5g

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.
- Finely chop red onion and capsicum.
- Grate carrot.
- · Drain and rinse black beans.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, onion and capsicum, stirring, until tender, 2-3 minutes.
- Add black beans, garlic paste and All-American spice blend and cook until fragrant, 1-2 minutes.



## Bake the tortillas

- 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.



## Finish the chilli

- Stir in the butter, water and passata, until combined and slightly reduced,
   1-2 minutes.
- · Season to taste with salt and pepper.



# Serve up

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





#### ADD BEEF MINCE

Before starting chilli, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

#### ADD PORK MINCE

Before starting chilli, cook pork mince, breaking up with a spoon, until browned, 4-5 minutes.
Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

