

Quick Black Bean Chilli & Tortilla Chips

with Sour Cream & Cheddar

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Mini Flour Tortillas



Red Onion



Capsicum



Carrot



Black Beans



Garlic Paste



All-American Spice Blend



Passata



Cheddar Cheese



Light Sour Cream



Coriander



Beef Mince



Pork 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 tasty sour cream and Cheddar cheese and dunk those tortilla chips for a meal that's sure to please.

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*	¼ 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS



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.

