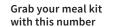


Speedy Black Bean Chilli & Tortilla Chips with Sour Cream & Cheddar

CLIMATE SUPERSTAR









Tortillas

Brown Onion



Carrot





Black Beans

Garlic Paste





All-American Spice Blend





Cheddar Cheese



Light Sour









Prep in: 15-25 mins Ready in: 15-25 mins **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 \cdot Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
brown 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

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3665kJ (506cal)	506kJ (70cal)
Protein (g)	38.4g	5.3g
Fat, total (g)	38.1g	5.3g
- saturated (g)	20.4g	2.8g
Carbohydrate (g)	86.2g	11.9g
- sugars (g)	26.4g	3.6g
Sodium (mg)	1493mg	206.2mg
Dietary Fibre (g)	20.2g	2.8g

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 brown 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.

TIP: If your oven tray is crowded, divide the tortilla pieces over two oven trays.



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.



Finish & serve

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





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

ADD PORK MINCE

Before cooking sauce, 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.

