

Black Bean & Roast Veggie Chilli

with Garlic Rice & Tortilla Chips

Grab your meal kit with this number

43



Carrot



Capsicum



Mini Flour Tortillas



Garlic



Jasmine Rice



Brown Onion



Cucumber



Black Beans



Sweetcorn



Mexican Fiesta Spice Blend



Tomato Paste



Vegetable Stock Pot



Coriander



Plant-Based Smokey Aioli



Chicken Breast



Beef Mince

Prep in: 20-30 mins
Ready in: 35-45 mins

Plant Based

Our Mexican Fiesta spice blend is the secret key to amping up the flavour of this comforting chilli. Whilst the colourful veg roast away in the oven, you'll be tasked with whipping together a tasty salsa that complements the aromas oozing from the simmering chilli. Great cooking chef!

Pantry items

Olive Oil, Plant-Based 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

Two oven trays lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	½	1
mini flour tortillas	6	12
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
water* (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
brown onion	1	2
cucumber	1	2
black beans	½ packet	1 packet
sweetcorn	1 medium tin	1 large tin
white wine vinegar*	drizzle	drizzle
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
tomato paste	1 medium packet	2 medium packets
vegetable stock pot	1 small packet	1 medium packet
water* (for the sauce)	½ cup	1 cup
coriander	1 packet	1 packet
plant-based smokey aioli	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4069kJ (973cal)	661kJ (107cal)
Protein (g)	26g	4.2g
Fat, total (g)	30.8g	5g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	138.5g	22.5g
- sugars (g)	20.9g	3.4g
Sodium (mg)	1543mg	250.5mg
Dietary Fibre (g)	37.6g	6.1g

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



1 Roast the veggies & tortilla chips

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **capsicum** (see ingredients) into bite-sized chunks.
- Slice **mini flour tortillas** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.
- Spread **tortillas** over a second lined oven tray (don't worry if they overlap).
- Drizzle with **olive oil** and season with **salt**. Bake until lightly golden and crisp, **8-10 minutes**.



4 Start the chilli

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until tender, **4-5 minutes**.
- **SPICY!** You may find the **spice blend** hot. Add **Mexican Fiesta spice blend**, **tomato paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium. Add **vegetable stock pot**, the **water (for the sauce)** and **black beans** and cook, stirring, until slightly reduced, **2-3 minutes**.



2 Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt**, then bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



5 Finish the chilli

- To pan, stir through the **roasted veggies**.
- Season to taste with **salt** and **pepper**. Remove from heat.



3 Get prepped & char the corn

- While the rice is cooking, finely chop **brown onion**. Roughly chop **cucumber**. Drain and rinse **black beans** (see ingredients). Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Transfer **charred corn** to a medium bowl, then add **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season to taste.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



6 Finish & serve

- Divide garlic rice between bowls.
- Top with black bean and roast veggie chilli, corn-cucumber salsa and tortilla chips.
- Tear over **coriander** and serve with a dollop of **plant-based smokey aioli**. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into 2cm chunks. Cook with onion, until cooked through, 4-6 minutes.



SWAP TO BEEF MINCE

Cook with onion, 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.

