



# LOADED MEXI-BLACK BEAN AND VEGGIE CHILLI

with Tortilla Chips & Cheese



Make your own tortilla chips



Brown Onion



Carrot



Green Capsicum



Garlic



Taco Spice Blend



Long Green Chilli (Optional)



Diced Tomatoes



Black Beans



Mini Flour Wraps



Cheddar Cheese



Vegetable Stock



Greek Yoghurt

**Pantry Staples:** Olive Oil, Water

Hands-on: **20** mins  
Ready in: **30** mins

Spicy (optional long green chilli)

Making your own veggie chilli? Easy. Making your own crispy tortilla chips to go with it? Even easier! Promise.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, colander, large saucepan, wooden spoon, oven tray** lined with **baking paper** and a **box grater**.



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion**. Finely chop the **carrot** (unpeeled). Finely chop the **green capsicum**. Peel and crush the **garlic**. Drain and rinse the **black beans**.



### 2 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large saucepan over a medium-high heat. Add the **brown onion, carrot and green capsicum** and cook for **5 minutes**, or until softened. Add the **taco spice blend and garlic** and cook for **1-2 minutes**, or until fragrant.



### 3 ADD THE BEANS

Add the **diced tomatoes, black beans and hot water (check ingredients list for the amount)** to the saucepan with the veggies. Crumble in the **vegetable stock** cube and add a **pinch of pepper**. Simmer for **10 minutes**, or until slightly thickened.



### 4 BAKE THE TORTILLA CHIPS

While the chilli is cooking, slice the **mini flour wraps** into wedges and arrange over the oven tray lined with baking paper (don't worry if they overlap). **Spray (or brush)** with the **olive oil** and season with a **pinch of salt and pepper**. Bake in the oven for **7-8 minutes**, or until golden.



### 5 PREPARE THE TOPPINGS

While the tortilla chips are baking, grate the **Cheddar cheese** and finely slice the **long green chilli (if using)**. **TIP:** *Some like it hot, but if you don't just hold back on the long green chilli.*



### 6 SERVE UP

Divide the mexi-black bean and veggie chilli between bowls, top with a dollop of **Greek yoghurt** and sprinkle over the Cheddar cheese and the long green chilli (if using). Serve with the tortilla chips.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
green capsicum	1	2
garlic	1 clove	2 cloves
black beans	1 tin (400 g)	2 tins (800 g)
taco spice blend	2 sachets (1 tbs)	4 sachets (2 tbs)
diced tomatoes	1 tin (400 g)	2 tins (800 g)
hot water*	½ cup	¾ cup
vegetable stock	1	2
mini flour wraps	4	8
Cheddar cheese	1 block (50 g)	1 block (100 g)
long green chilli (optional)	1	2
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2650kJ (633Cal)	317kJ (76Cal)
Protein (g)	32.1g	3.8g
Fat, total (g)	18.8g	2.3g
- saturated (g)	7.8g	0.9g
Carbohydrate (g)	85.5g	10.2g
- sugars (g)	22.8g	2.7g
Sodium (g)	1650mg	198mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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