



Mexican Bean & Veggie Chilli

with Cheddar Cheese & Homemade Tortilla Chips



Grab your Meal Kit with this symbol



Brown Onion



Carrot



Capsicum



Garlic



Black Beans



Mexican Fiesta Spice Blend



Diced Tomatoes With Garlic & Olive Oil



Vegetable Stock



Mini Flour Tortillas



Coriander



Greek Yoghurt



Shredded Cheddar Cheese



Hands-on: **20-30mins**
Ready in: **30-40 mins**



Low Calorie



Spicy (Mexican Fiesta spice blend)

Bringing this popular Mexican dish to your table is totally doable. Making your own veggie chilli? Easy. Making your own crispy tortilla chips to go with it? Even easier! Promise.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
brown onion	1	2
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 box (400g)	2 boxes (800g)
hot water*	2 tbs	½ cup
vegetable stock	1 cube	2 cubes
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
mini flour tortillas	4	8
coriander	1 bag	1 bag
Greek yoghurt	1 packet (100g)	1 packet (200g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2290kJ (546Cal)	334kJ (80Cal)
Protein (g)	22.3g	3.3g
Fat, total (g)	21.1g	3.1g
- saturated (g)	9.4g	1.4g
Carbohydrate (g)	66.7g	9.7g
- sugars (g)	29.2g	4.3g
Sodium (g)	2770mg	405mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 **capsicum**. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **black beans**.

TIP: *Finely chopping the veggies helps them to cook in the allocated time.*



4. Bake the tortilla chips

While the chilli is simmering, cut the **mini flour tortillas** (see ingredients list) into wedges. Place the **tortilla** wedges on an oven tray lined with baking paper. **Drizzle (or spray)** with **olive oil** and season with **salt** and **pepper**. Arrange in a single layer and bake until golden, **6-8 minutes**.



2. Cook the veggies

SPICY! *The spice blend is hot, use less if you're sensitive to heat.* In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion, carrot** and **capsicum** and cook until softened, **5-7 minutes**. Add the **Mexican Fiesta spice blend** and **garlic** and cook until fragrant, **1-2 minutes**.



5. Prep the garnish

While the tortilla chips are baking, roughly chop the **coriander**.



3. Make the chilli

Add the **diced tomatoes with garlic & olive oil, black beans** and **hot water** to the frying pan. Crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and add the **brown sugar**. Bring to the boil, then reduce the heat to medium and simmer until slightly thickened, **10-15 minutes**. Stir through the **butter** and season to taste with **salt** and **pepper**.

TIP: *Butter helps to balance the acidity from the tomatoes.*



6. Serve up

Divide the Mexican bean and veggie chilli between bowls. Top with **Greek yoghurt** and sprinkle with **shredded Cheddar cheese** and coriander. Serve with the tortilla chips.

TIP: *For the low-calorie option, serve with 1/2 the Cheddar cheese and tortilla chips.*

Enjoy!