



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 & Onion



Vegetable Stock Powder



Mini Flour Tortillas



Coriander



Sour Cream



Shredded Cheddar Cheese



Beef Mince

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Spicy (Mexican Fiesta spice blend)

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



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 & onion	1 box	2 boxes
hot water*	2 tbs	¼ cup
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
mini flour tortillas	4	8
coriander	1 bag	1 bag
sour cream	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3844kJ (919Cal)	469kJ (112Cal)
Protein (g)	30.7g	3.7g
Fat, total (g)	42.4g	5.2g
- saturated (g)	19.6g	2.4g
Carbohydrate (g)	92g	11.2g
- sugars (g)	33.8g	11.2g
Sodium (mg)	2356mg	287mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4263kJ (1018Cal)	556kJ (132Cal)
Protein (g)	71.6g	9.3g
Fat, total (g)	67.2g	8.8g
- saturated (g)	30.5g	4g
Carbohydrate (g)	33.3g	4.3g
- sugars (g)	7.7g	1g
Sodium (mg)	899mg	117mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

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

CUSTOM RECIPE

If you've added beef mince to your meal, use only 1/2 the black beans



Bake the tortilla chips

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



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. Cook the **onion, carrot** and **capsicum** until softened, **5-7 minutes**. Add the **Mexican Fiesta spice blend** and **garlic** and cook until fragrant, **1-2 minutes**.

CUSTOM RECIPE

Heat pan as above. Cook the beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.



Prep the garnish

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



Make the chilli

Add the **diced tomatoes with garlic & onion, black beans** and the **hot water** to the saucepan. Add the **vegetable stock powder** and 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 with **salt** and **pepper**.

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



Serve up

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

Enjoy!

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