



# Mexican Bean & Veggie Chilli

with Sour Cream & Baked Tortilla Chips

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Carrot



Garlic



Black Beans



Sweetcorn



Mexican Fiesta Spice Blend



Diced Tomatoes with Garlic & Onion



Vegetable Stock Powder



Mini Flour Tortillas



Coriander



Shredded Cheddar Cheese



Light Sour Cream



Beef Mince

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

Who knew making veggie chilli from scratch could be so easy? Complete with DIY tortilla chips - serve them straight from the oven while they're still warm - a treat for scooping up the saucy goodness and all the toppings.

**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

Deep frying pan or large saucepan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
sweetcorn	½ large tin	1 large tin
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>hot water*</b>	2 tbs	¼ cup
<b>butter*</b>	40g	80g
mini flour tortillas	6	12
coriander	1 bag	1 bag
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3704kJ (885Cal)	562kJ (134Cal)
Protein (g)	27.5g	4.2g
Fat, total (g)	45.3g	6.9g
- saturated (g)	22.2g	3.4g
Carbohydrate (g)	83.2g	12.6g
- sugars (g)	25.3g	3.8g
Sodium (mg)	2804mg	425mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4649kJ (1111Cal)	593kJ (142Cal)
Protein (g)	55g	7g
Fat, total (g)	58.1g	7.4g
- saturated (g)	27.8g	3.5g
Carbohydrate (g)	83.2g	10.6g
- sugars (g)	25.3g	3.2g
Sodium (mg)	2879mg	367mg

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](https://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

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## Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **carrot** and **garlic**.
- Drain and rinse **black beans**. Drain **sweetcorn** (**see ingredients**).

**Custom Recipe:** If you've added beef mince, only use 1/2 the black beans.



## Bake the tortilla chips

- While the chilli is simmering, cut **mini flour tortillas** into wedges.
- Place **tortilla chips** on a lined oven tray. Drizzle (or spray) with **olive oil**. Season, then arrange in a single layer.
- When the chilli has **10 minutes** remaining, bake the chips until golden, **6-8 minutes**.

**TIP:** If your oven tray is getting crowded, spread the chips out over two oven trays.



## Start the chilli

- In a deep frying pan or large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **corn**, stirring, until softened, **5-7 minutes**.
- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Add **Mexican Fiesta spice blend** and **garlic**. Cook until fragrant, **1-2 minutes**.

**Custom Recipe:** Before cooking the veggies, add mince to the pan and cook, breaking up with a spoon, until browned, 2-3 minutes. Drain the oil from the pan, then continue with the step (keep the mince in the pan!).



## Prep the garnish

- Meanwhile, roughly chop **coriander**.



## Finish the chilli

- Add **diced tomatoes with garlic & onion**, **black beans**, **vegetable stock powder**, the **brown sugar** and the **hot water** (**see ingredients**). Stir to combine.
- Bring to the boil, then reduce heat to medium and simmer until slightly thickened, **10-15 minutes**.
- Stir in the **butter**. Season with **salt** and **pepper**.

**TIP:** Butter helps balance the acidity of the tomatoes.



## Serve up

- Divide Mexican bean and veggie chilli between bowls.
- Sprinkle with **shredded Cheddar cheese** and coriander.
- Top with a dollop of **light sour cream**. Serve with baked tortilla chips. Enjoy!

## Rate your recipe

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