



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

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
black beans	1 packet	2 packets
sweetcorn	1 tin (125g)	1 tin (300g)
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
hot water*	2 tbs	¼ cup
butter*	40g	80g
mini flour tortillas	4	8
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 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



Get prepped

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

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



Bake the tortilla chips

- While the chilli is simmering, cut **mini flour tortillas (see ingredients)** 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 tortilla chips out over two oven trays.



Start the chilli

- In a 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** (2 tbs for 2 people / 1/4 cup for 4 people). 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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