



MEXICAN BEAN CHILLI

with Cheesy Sweet Potato & Smokey Corn Cobs



Add a Mexican twist to corn cobs!



Sweet Potato



Red Capsicum



Corn



Coriander



Carrot



Red Kidney Beans



Mexican Fiesta Spice Blend



Diced Tomatoes



Vegetable Stock



Shredded Cheddar Cheese



Smokey Aioli



Greek Yoghurt



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



Naturally gluten-free
Not suitable for Coeliacs



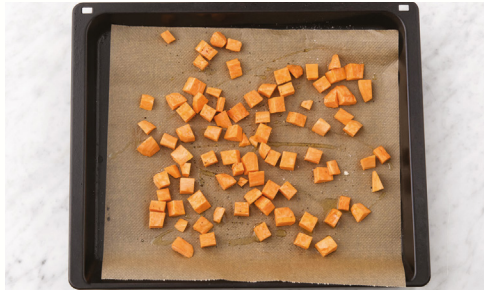
Spicy (Mexican Fiesta spice blend)

We've packed this bake with classic Mexican flavours, plus a spicy kick for those who want it! The rich red kidney bean chilli is topped with tender cubes of sweet potato and a scattering of cheese. Plus, try our technique for smokey, Mexican-style corn on the cob – one bite and you'll be hooked!

Pantry Staples: Olive Oil, Brown Sugar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **oven tray** lined with **baking paper** • **medium saucepan** • **large frying pan** • **medium baking dish**



1 ROAST THE SWEET POTATO

Preheat the oven **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm cubes. Place the **sweet potato** on the oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast until just tender, **20 minutes**. **TIP:** *Cut the sweet potato to the correct size so it cooks in the allocated time.*



2 PREP THE VEGGIES

While the sweet potato is roasting, cut the **red capsicum** into 1cm chunks. Slice the **corn** cob in half. Roughly chop the **coriander**. Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans**. Bring a medium saucepan of salted water to the boil.



3 START THE CHILLI

SPICY! *Use less of the spice blend if you're sensitive to heat.* In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **capsicum** and cook, stirring occasionally, until softened and charred, **4-5 minutes**. Reduce the heat to medium-high. Add the **red kidney beans** and grated **carrot** and cook until softened, **2 minutes**. Add the **Mexican Fiesta spice blend** and stir until fragrant, **1 minute**.



4 BAKE THE CHILLI

Add the **diced tomatoes**, **brown sugar**, crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and stir through the **butter**. Season to taste with **salt** and **pepper**, then transfer to a medium baking dish. Top the **bean** mixture with the roasted **sweet potato**, then sprinkle with the **shredded Cheddar cheese**. Bake until the cheese has melted and the bean mixture is bubbling, **10 minutes**.



5 COOK THE CORN

While the chilli is baking, add the **corn** to the saucepan of boiling water and cook until the kernels are bright yellow, **3-4 minutes**. Drain. Wipe out the large frying pan and return to a high heat. Add the **corn** and cook, turning occasionally, until lightly charred all over, **5 minutes**. Spread some **smokey aioli** (see **ingredients list**) over a plate and roll the **corn** in the **aioli** to coat.



6 SERVE UP

Divide the spiced veggie chilli and smokey corn cobs between plates. Top with the **Greek yoghurt** and sprinkle with coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
red capsicum	1	2
corn	1	2
coriander	1 bag	1 bag
carrot	1	2
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
diced tomatoes	1 tin (400 g)	2 tins (800 g)
brown sugar*	1 tsp	2 tsp
vegetable stock	1 cube	2 cubes
butter*	20 g	40 g
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
smokey aioli	½ tub (25 g)	1 tub (50 g)
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2920kJ (698Cal)	359kJ (86Cal)
Protein (g)	26.5g	3.3g
Fat, total (g)	30.7g	3.8g
- saturated (g)	13.6g	1.7g
Carbohydrate (g)	79.5g	9.8g
- sugars (g)	35.2g	4.3g
Sodium (g)	1800mg	222mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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