



Mexican-Style Plant-Based Mince & Bean Chili

with Jacket Potatoes & Tomato Salsa

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Baby Spinach Leaves



Tomato



Carrot



Black Beans



Tomato Paste



Mexican Fiesta Spice Blend



Vegetable Stock Powder



Flaked Almonds



Plant-Based Mince



Garlic Paste



Plant-Based Shredded Cheddar Cheese



Beef Mince

Prep in: 25-35 mins
Ready in: 50-60 mins

Calorie Smart



Plant Based*
*Custom Recipe is not Plant Based

Our plant-based mince is taken to a new level with our Mexican Fiesta Spice Blend. While it comes with a spicy warning, you can tailor it your tastebuds by adding as little (or as much!) as you'd like. Cool things down with a fresh salad and some plant-based Cheddar.

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

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
carrot	1	2
black beans	½ tin	1 tin
plant-based mince	1 packet	2 packets
garlic paste	1 packet	2 packets
tomato paste	1 medium packet	1 large packet
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
water*	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
flaked almonds	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)	2407kJ (575Cal)	386kJ (92Cal)
Protein (g)	31.6g	5.1g
Fat, total (g)	22.9g	3.7g
- saturated (g)	8.1g	1.3g
Carbohydrate (g)	65.3g	10.5g
- sugars (g)	17.1g	2.7g
Sodium (mg)	2512mg	403mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2499kJ (597Cal)	386kJ (92Cal)
Protein (g)	43.2g	6.7g
Fat, total (g)	23.4g	3.6g
- saturated (g)	10.8g	1.7g
Carbohydrate (g)	59.8g	9.2g
- sugars (g)	16g	2.5g
Sodium (mg)	1989mg	307mg

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
2022 | CW46



1



Bake the jacket potato

- Preheat oven to **200°C/180°C fan-forced**.
- Cut each **potato** in half.
- Place **potato** halves on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Arrange each **potato**, cut-side down, then roast until crisp and tender, **40-45 minutes**.

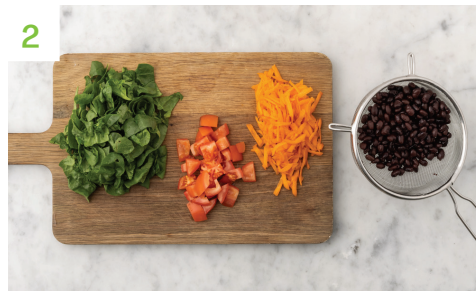
4



Finish the chilli

- **SPICY!** *The spice blend is hot, use less if you're sensitive to heat.* Reduce the heat to medium-high. Add **garlic paste**, **tomato paste** (see ingredients) and **Mexican Fiesta spice blend** and cook until fragrant **1-2 minutes**.
- Add the **water**, **vegetable stock powder** and **black beans** and cook until slightly thickened **1-2 minutes**.
- Sprinkle over **plant-based shredded Cheddar cheese**. Cover the pan with a lid (or foil) and cook until just melted, **1-2 minutes**.

2



Get prepped

- Meanwhile, roughly chop **baby spinach leaves** and **tomato**.
- Grate **carrot**.
- Drain and rinse **black beans** (see ingredients).

5



Make the salsa

- While the chilli is cooking, combine **tomato** and **spinach** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl.
- Toss to coat and season to taste.

3



Start the chilli

- When the potato has **10 minutes** cook time remaining, heat a large frying pan with a drizzle of **olive oil** over a high heat.
- Cook **plant-based mince** and **carrot**, breaking up with a spoon, until just browned, **4-5 minutes**.

Custom Recipe: Cook beef mince in the same way as above.

TIP: For best results, drain the oil from the pan before continuing to the next step.

6



Serve up

- Divide jacket potatoes between plates. Top with Mexican-style plant-based mince & bean chilli.
- Spoon over tomato salsa. Sprinkle with **flaked almonds** to serve. Enjoy!

Rate your recipe

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