

# One-Pot Mexican Black Bean & Risoni Stew

with Tortilla Chips & Cheddar Cheese

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Tomato



Black Beans



Mexican Fiesta Spice Blend



Tex-Mex Spice Blend



Vegetable Stock Powder



Risoni



Baby Spinach Leaves



Garlic Paste



Soffritto Mix



Shredded Cheddar Cheese



Light Sour Cream

### Recipe Update

Unfortunately, this week's corn chips were in short supply, so we've replaced them with tortilla chips. Don't worry, the recipe will be just as delicious!



Chicken Breast

Prep in: 15-25 mins  
Ready in: 30-40 mins

Even meat lovers will approve of this stick-to-your ribs veggie stew. The black beans and rice-shaped risoni pasta make it extra hearty while two of our trusty seasonings together add a rich and fiery depth of flavour - which the cooling sour cream cuts through like a treat. Bring it all together with a sprinkle of cheese, plus a good handful of tortilla chips in lieu of croutons.

**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.

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

## You will need

Two oven trays lined with baking paper ·

Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
mini flour tortillas	6	12
tomato	1	2
black beans	½ tin	1 tin
soffritto mix	1 medium bag	1 large bag
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
Tex-Mex spice blend	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
vegetable stock powder	1 large sachet	2 large sachets
risoni	1 medium packet	1 large packet
<b>water*</b>	2½ cups	5 cups
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
<b>butter*</b>	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3592kJ (858Cal)	874kJ (208Cal)
Protein (g)	26.9g	6.5g
Fat, total (g)	35.9g	8.7g
- saturated (g)	16.5g	4g
Carbohydrate (g)	99.5g	24.2g
- sugars (g)	13.9g	3.4g
Sodium (mg)	2475mg	602mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4352kJ (1040Cal)	756kJ (180Cal)
Protein (g)	60.1g	10.4g
Fat, total (g)	41.1g	7.1g
- saturated (g)	18.1g	3.1g
Carbohydrate (g)	99.5g	17.3g
- sugars (g)	13.9g	2.4g
Sodium (mg)	2563mg	445mg

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

2022 | CW45



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## Get prepped

- Preheat oven to **200°C/180°C fan-forced**. Slice **mini flour tortillas** into quarters.
- Divide between two lined oven trays (don't worry if they overlap).
- Drizzle with **olive oil**, turn **tortilla** quarters to coat and season with **salt**. Bake until lightly golden and crispy, **8-10 minutes**.
- Meanwhile, roughly chop **tomato**.
- Drain and rinse **black beans** (see ingredients).

**Custom Recipe:** If you've added chicken, cut chicken into 2cm chunks.

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## Finish the stew

- Stir in **vegetable stock powder**, **risoni**, the **water** and the **brown sugar** until combined. Bring to a boil, then reduce heat to medium.
- Cover with a lid and simmer until soup is thickened and risoni is tender, **10 minutes**.
- Remove from heat. Stir in **baby spinach leaves** and the **butter** until **spinach** is wilted, **1 minute**. Season to taste.

**TIP:** Stir the soup every 3-4 minutes to mix the ingredients well.

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## Start the stew

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **soffritto mix**, stirring occasionally, until softened, **4-5 minutes**.
- **SPICY!** The **spice blend** is hot, use less if you're sensitive to heat. Add **tomato**, **black beans**, **Mexican Fiesta spice blend**, **Tex-Mex spice blend** and **garlic paste** and cook until fragrant, **1-2 minutes**.

**Custom Recipe:** Cook chicken with soffritto mix until browned, 4-5 minutes. Continue with the step as above.

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## Serve up

- Divide one-pot Mexican black bean and risoni stew between bowls.
- Sprinkle with **shredded Cheddar cheese**. Top with **light sour cream**.
- Top with **tortilla chips** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)