



# SMOKEY CANNELLINI BEAN CHILLI

with Cheesy Baked Potato & Chipotle Crema



Make a chipotle crema



Potato



Brown Onion



Garlic



Carrot



Zucchini



Chives



Cannellini Beans



Sour Cream



Mild Chipotle Sauce



All-American Spice Blend



Smoked Paprika



Passata



Baby Spinach Leaves



Shredded Cheddar Cheese

Hands-on: **30 mins**  
Ready in: **35 mins**

Low calorie

Naturally gluten-free  
*Not suitable for Coeliacs*

Prepare to meet your perfect match... If you like cheesy roasted potato, gently spiced bean chilli and mild chipotle, it'll be love at first bite with this unbelievably delicious dinner.

**Pantry Staples:** Olive Oil



## BEFORE YOU START

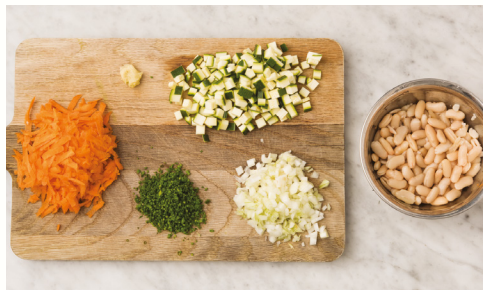
Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- large frying pan**



### 1 BAKE THE POTATO

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the potato, a **drizzle of olive oil** and a **pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat, then divide the potato into two piles, with the chunks close together but in a single layer. Bake for **20 minutes**.



### 2 GET PREPPED

While the **potato** is baking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Finely chop the **zucchini**. **TIP:** You can grate the zucchini if you prefer! Finely chop the **chives**. Drain and rinse the **cannellini beans**. In a small bowl, combine the **sour cream** and **mild chipotle sauce**.



### 3 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **onion, carrot and zucchini** and cook, stirring, until softened, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.



### 4 MAKE THE CHILLI

Add the **cannellini beans, All-American spice blend** and **smoked paprika** (see ingredients list) to the pan and stir to combine. Add the **passata, the salt and water** and cook, stirring, until well combined. Season to taste with **pepper**, reduce the heat to medium and simmer until thickened, **6-8 minutes**. Add the **baby spinach leaves**, remove the pan from the heat and stir through until just wilted, **1 minute**.



### 5 FINISH THE POTATO

While the chilli is simmering, remove the **potato** from the oven and sprinkle the **shredded Cheddar cheese** over each pile. Return to the oven and bake until the cheese is melted and the potato is tender, **5-10 minutes**.



### 6 SERVE UP

Divide the cheesy baked potato between plates and spoon over the smokey cannellini bean chilli. Top with a dollop of chipotle crema and sprinkle with the chives. **TIP:** For the low-calorie option, serve with 1/2 the chipotle crema.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
zucchini	1	2
chives	1 bunch	1 bunch
cannellini beans	1 tin	2 tins
sour cream	1 packet (100 g)	1 packet (200 g)
mild chipotle sauce	1 tub (40 g)	2 tubs (80 g)
All-American spice blend	1 sachet	2 sachets
smoked paprika	½ sachet	1 sachet
passata	1 box (200 g)	2 boxes (400 g)
salt*	¼ tsp	½ tsp
water*	¼ cup	½ cup
baby spinach leaves	1 bag (90 g)	1 bag (180 g)
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2210kJ (527Cal)	262kJ (63Cal)
Protein (g)	24.9g	3.0g
Fat, total (g)	15.8g	1.9g
- saturated (g)	9.1g	1.1g
Carbohydrate (g)	61.5g	7.3g
- sugars (g)	21.8g	2.6g
Sodium (g)	1550mg	184mg

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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