

Smokey Bean Chilli & Cheesy Roasted Potato

with Sour Cream & Parsley

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Carrot



Celery



Butter Beans



All-American Spice Blend



BBQ Sauce



Passata



Capsicum



Parsley



Shredded Cheddar Cheese



Light Sour Cream

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **30-40 mins**
Ready in: **35-45 mins**

Calorie Smart

Naturally Gluten-Free
Not suitable for coeliacs

You're in for a treat with this American-spiced, veggie-loaded butter bean chilli; it has a subtle sweetness from a bit of BBQ sauce, and is the perfect match for the melty Cheddar potatoes. Serve with a dollop of sour cream for a touch of tang, and don't forget the parsley garnish for a fresh pop of flavour.

Pantry items

Olive Oil

Before you start

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

You'll also need to give your fruit and 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
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
celery	1 stalk	2 stalks
butter beans	1 tin	2 tins
All-American spice blend	1 medium sachet	2 medium sachets
BBQ sauce	1 packet	2 packets
passata	1 box	2 boxes
capsicum	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2402kJ (574Cal)	310kJ (74Cal)
Protein (g)	25.9g	3.3g
Fat, total (g)	16.9g	2.2g
- saturated (g)	10.1g	1.3g
Carbohydrate (g)	71.4g	9.2g
- sugars (g)	32.3g	4.2g
Sodium (mg)	1298mg	167mg

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.

1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until just tender, **15-20 minutes** (it will finish roasting in step 5!).

TIP: If your oven tray is crowded, divide the potato between two trays.

2



Get prepped

- Meanwhile, finely chop **brown onion** and **garlic**.
- Roughly chop **capsicum**.
- Grate **carrot**. Thinly slice **celery**.
- Drain and rinse **butter beans**.

3



Start the chilli

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion, carrot, capsicum** and **celery**, stirring, until softened, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.

4



Finish the chilli

- Stir in **butter beans, All-American spice blend** and **BBQ sauce**. Add **passata** and a splash of **water** and cook, stirring, until well combined.
- Season to taste, reduce heat to medium and simmer until thickened, **3-4 minutes**.

5



Finish the potato

- Remove **potato** from oven. Sprinkle with **shredded Cheddar cheese**.
- Return to oven to roast until potato is tender and cheese is melted, a further **5 minutes**.

6



Serve up

- Divide smokey bean chilli between plates or bowls. Top with cheesy potatoes.
- Dollop over **light sour cream**. Tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW26

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