

# American-Style Black Bean Chilli

with Cucumber Salsa, Corn Chips & Sour Cream

Grab your Meal Kit with this symbol



Carrot



Baby Spinach Leaves



Cucumber



Garlic



Black Beans



All-American Spice Blend



Tomato Sugo



Vegetable Stock Powder



Shredded Cheddar Cheese



Sour Cream



Corn Chips



Beef Mince

### Recipe Update

Unfortunately, this week's radish was in short supply, so we've replaced it with cucumber. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: **20-30 mins**  
Ready in: **20-30 mins**

Spice up dinner time with a black bean chilli, all the punchy flavours without the heat. We suggest grabbing a corn chip and piling up a helping of saucy beans and sour cream. Chase it down with a cucumber salsa, for that fresh kick every chilli bowl needs.

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

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
cucumber	1	2
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
All-American spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
<b>water*</b>	¼ cup	½ cup
tomato sugo	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>white wine vinegar*</b>	drizzle	drizzle
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 medium packet	1 large packet
corn chips	1 large packet	2 large packets
beef mince**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3318kJ (793Cal)	684kJ (163Cal)
Protein (g)	26.6g	5.5g
Fat, total (g)	39.1g	8.1g
- saturated (g)	18.2g	3.8g
Carbohydrate (g)	82.9g	17.1g
- sugars (g)	16.8g	3.5g
Sodium (mg)	1829mg	377mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4513kJ (1079Cal)	740kJ (177Cal)
Protein (g)	55.2g	9g
Fat, total (g)	56.8g	2.9g
- saturated (g)	26g	4.3g
Carbohydrate (g)	82.9g	13.6g
- sugars (g)	16.8g	2.8g
Sodium (mg)	1866mg	306mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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



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## Start the chilli

- Grate the **carrot**. Roughly chop **baby spinach leaves**. Thinly slice **cucumber**. Finely chop **garlic**. Drain and rinse **black beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** until tender, **2-3 minutes**.
- Add **black beans, garlic** and **All-American spice blend** and cook until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've added beef mince to your meal, drain, rinse and use only half the black beans. Add the beef mince after cooking the carrot. Cook beef, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.

3



## Make the salsa

- Meanwhile, combine **baby spinach, cucumber** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**.

2



## Finish the chilli

- Stir in the **butter, water, tomato sugo** and **vegetable stock powder**, until combined and slightly reduced, **1-2 minutes**.
- Season to taste.

4



## Serve up

- Divide American-style black bean chilli between bowls. Sprinkle over **shredded Cheddar cheese**.
- Top with cucumber salsa and **sour cream**.
- Serve with **corn chips**. Enjoy!

## Rate your recipe

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