



# American-Style Black Bean Chilli

with Radish Salsa, Corn Chips & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Baby Spinach Leaves



Radish



Garlic



Black Beans



All-American Spice Blend



Tomato Sugo



Vegetable Stock Powder



Shredded Cheddar Cheese



Sour Cream



Corn Chips



Beef Mince

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 radish 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
radish	2	3
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 (40g)	1 packet	1 packet (80g)
sour cream	1 medium packet	1 large packet
corn chips	1 large packet	2 large packets
beef mince**	1 small packet	2 small packets OR 1 large packet

\*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	9.3g
- 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 **radish**. 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, radish** 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, the 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 radish salsa and **sour cream**.
- Serve with **corn chips**. Enjoy!

## Rate your recipe

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