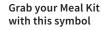


# Mexican Plant-Based Mince & Bean Chilli

with Jacket Potatoes & Tomato Salsa

**EXPLORER** 

CLIMATE SUPERSTAR









Carrot







Plant-Based

Mayo

Plant-Based Garlic Paste Mince





Tomato Paste

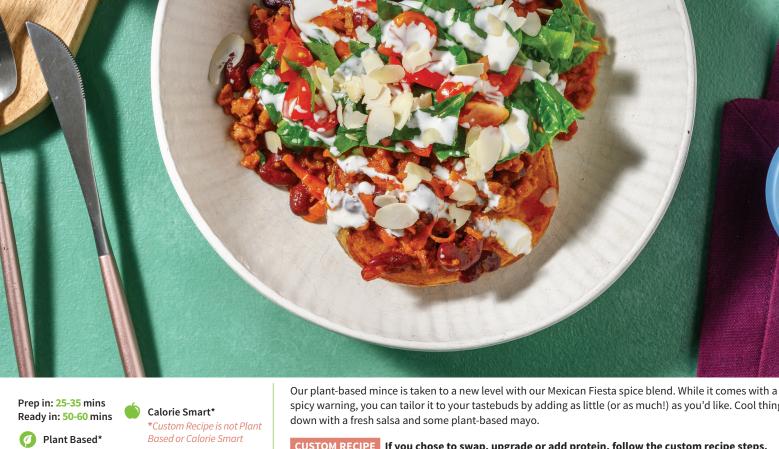




Vegetable Stock Powder



**Pantry items** Olive Oil, White Wine Vinegar



spicy warning, you can tailor it to your tastebuds by adding as little (or as much!) as you'd like. Cool things

### 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

Oven tray lined with baking paper · Large frying pan

# Ingredients

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
baby spinach leaves	1 small bag	1 medium bag		
tomato	1	2		
carrot	1	2		
red kidney beans	½ tin	1 tin		
flaked almonds	1 packet	2 packets		
plant-based mince	1 packet	2 packets		
garlic paste	1 medium packet	1 large packet		
tomato paste	1 packet	2 packets		
Mexican Fiesta spice blend 🌶	1 sachet	1 sachet		
water*	½ cup	1 cup		
vegetable stock powder	1 medium sachet	1 large sachet		
white wine vinegar*	drizzle	drizzle		
plant-based mayo	1 medium packet	1 large packet		
beef mince**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2637kJ (630Cal)	464kJ (111Cal)
Protein (g)	33.2g	5.8g
Fat, total (g)	24.6g	4.3g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	63g	11.1g
- sugars (g)	20.8g	3.7g
Sodium (mg)	2408mg	424mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2829kJ (676Cal)	477kJ (114Cal)
Protein (g)	41.8g	7g
Fat, total (g)	28.8g	4.9g
- saturated (g)	8.8g	1.5g
Carbohydrate (g)	56.2g	9.5g
- sugars (g)	19.6g	3.3g
Sodium (mg)	1713mg	289mg

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 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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# Bake the jacket potatoes

- Preheat oven to 200°C/180°C fan-forced.
- · Cut each potato in half.
- Place potato halves on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Arrange potato cut-side down, then bake until crisp and tender, 40-45 minutes.



# Get prepped

- Meanwhile, roughly chop baby spinach leaves and tomato.
- Grate the carrot.
- Drain and rinse red kidney beans (see ingredients).
- Heat a large frying pan over medium-high heat.
   Toast flaked almonds, tossing, until golden,
   2-3 minutes. Transfer to a bowl.



#### Start the chilli

- When the potato has 10 minutes cook time remaining, return the frying pan to high heat with a drizzle of olive oil.
- Cook plant-based mince and carrot, breaking up with a spoon, until just browned,
   4-5 minutes.

**Custom Recipe:** If you've swapped plant-based mince for beef mince, cook beef mince in the same way as above.



### Finish the chilli

- SPICY! The spice blend is hot, use less if you're sensitive to heat. Reduce the frying pan heat to medium-high. Add garlic paste, tomato paste and Mexican Fiesta spice blend and cook until fragrant 1-2 minutes.
- Add the water, vegetable stock powder and kidney beans and cook until slightly thickened, 1-2 minutes.

**Custom Recipe:** Drain the oil from the pan before adding garlic paste, tomato paste and Mexican Fiesta spice blend.



# Make the salsa

 While the chilli is cooking, combine tomato, baby spinach and a drizzle of white wine vinegar and olive oil in a medium bowl. Season. Toss to combine.



# Serve up

- Divide jacket potatoes between plates. Top with Mexican plant-based mince and bean chilli.
- Spoon over tomato salsa and drizzle over plant-based mayo.
- Sprinkle over toasted almonds to serve. Enjoy!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate