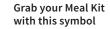


One-Pot American Cannellini Bean & Veggie Chilli

with Melted Cheddar & Toasty Garlic Panini

CLIMATE SUPERSTAR













Garlic

Cannellini Beans





Spice Blend

Sweetcorn



Tomato Paste



Vegetable Stock





Onion Chutney



Wholemeal Panini





Parsley



Prep in: 20-30 mins Ready in: 25-35 mins



There are a few things we love about cooking everything in a one pot. First, is the hassle free experience followed up by the magic it creates, blending all those flavours together into a bowl of rich cannellini beans, veggies and a saucy base. We love it from start to finish.

Pantry items Olive Oil, Butter

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 saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
leek	1	2
garlic	3 cloves	6 cloves
cannellini beans	1 tin	2 tins
sweetcorn	1 medium tin	1 large tin
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
onion chutney	1 small packet	1 medium packet
water*	½ cup	1 cup
baby leaves	1 small packet	1 medium packet
wholemeal panini	1	2
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2646kJ (632Cal)	500kJ (120Cal)
Protein (g)	26.8g	5.1g
Fat, total (g)	20.4g	3.9g
- saturated (g)	11.4g	2.2g
Carbohydrate (g)	75.7g	14.3g
- sugars (g)	22.1g	4.2g
Sodium (mg)	2034mg	384mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3842kJ (918Cal)	587kJ (140Cal)
Protein (g)	55.4g	8.5g
Fat, total (g)	38.2g	5.8g
- saturated (g)	19.3g	3g
Carbohydrate (g)	75.7g	11.6g
- sugars (g)	22.1g	3.4g
Sodium (mg)	2086mg	319mg

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





Cook the veggies

- Preheat oven to 220°C/200°C fan-forced. Finely chop carrot, leek and garlic. Drain and rinse cannellini beans. Drain sweetcorn.
- In a large saucepan, heat a drizzle of olive oil over medium-high heat.
 Cook carrot, leek and sweetcorn, stirring, until softened, 6-7 minutes.
- Add half the garlic and cook until fragrant, 1 minute.

Custom Recipe: If you've added beef mince, drain, rinse and use half the cannellini beans. Cook beef mince with the veggies, breaking up with a spoon, until just browned, 6-7 minutes. Continue with recipe.



Make the garlic bread

- Slice **wholemeal panini** in half, lengthways, then toast to your liking.
- In a small microwave-safe bowl, add the butter and remaining garlic.
 Microwave in 10 second bursts until melted. Season with salt and pepper.
- Brush garlic butter over the cut-side of panini slices.



Make it saucy

- Add cannellini beans, All-American spice blend and tomato paste to the pan and cook until fragrant, 1 minute.
- Add vegetable stock powder, onion chutney and the water. Cook, stirring, until well combined, 1-2 minutes. Season with pepper.
- · Add baby leaves and stir until wilted.

Custom Recipe: For best results, drain oil from the pan before adding cannellini beans.



Serve up

- Divide American cannellini beans and veggies between bowls.
- Sprinkle over **shredded Cheddar cheese**. Tear over **parsley**.
- Serve with toasty garlic panini. Enjoy!

