



One-Pot American Cannellini Bean & Veggie Chilli

with Melted Cheddar & Toasty Garlic Panini

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Leek



Garlic



Cannellini Beans



Sweetcorn



All-American Spice Blend



Tomato Paste



Vegetable Stock Powder



Onion Chutney



Baby Leaves



Wholemeal Panini



Shredded Cheddar Cheese



Parsley



Beef Mince

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

Calorie Smart*
*Custom Recipe is not Calorie Smart

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.

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

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



1



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.

3



Make the garlic butter

- 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.

2



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.

4



Serve up

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

Rate your recipe

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