



# American-Style Black Bean Chilli

with Cucumber Salad, Corn Chips & Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Baby Leaves



Cucumber



Garlic



Black Beans



All-American Spice Blend



Tomato Sugo



Vegetable Stock Powder



Shredded Cheddar Cheese



Greek-Style Yoghurt



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 yoghurt. Chase it down with a radish salad, 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 leaves                | 1 small packet  | 1 medium packet                       |
| cucumber                   | 1 (medium)      | 1 (large)                             |
| 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                        |
| Greek-style yoghurt        | 1 medium packet | 1 large packet                        |
| corn chips                 | 1 large packet  | 2 large packets                       |
| beef mince**               | 1 medium packet | 2 medium packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3062kJ (732Cal) | 589kJ (141Cal) |
| Protein (g)      | 27.5g           | 5.3g           |
| Fat, total (g)   | 32.4g           | 6.2g           |
| - saturated (g)  | 12.8g           | 2.5g           |
| Carbohydrate (g) | 84.8g           | 16.3g          |
| - sugars (g)     | 15.9g           | 3.1g           |
| Sodium (mg)      | 1824mg          | 351mg          |

### Custom Recipe

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4258kJ (1018Cal) | 660kJ (158Cal) |
| Protein (g)      | 56.1g            | 8.7g           |
| Fat, total (g)   | 50.2g            | 7.8g           |
| - saturated (g)  | 20.6g            | 3.2g           |
| Carbohydrate (g) | 84.8g            | 13.1g          |
| - sugars (g)     | 15.9g            | 2.5g           |
| Sodium (mg)      | 1875mg           | 291mg          |

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 **carrot**. Roughly chop **baby 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, drain, rinse and use half the black beans. After cooking carrot, add beef mince and cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with step as above.

3



## Make the salsa

- Meanwhile, combine **baby leaves**, **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 salad and **Greek-style yoghurt**.
- Serve with **corn chips**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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