

American-Style Black Bean Chilli with Cucumber Salad, Corn Chips & Yoghurt

CLIMATE SUPERSTAR



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Cucumber







All-American Spice Blend





Vegetable Stock Tomato Sugo





Shredded Cheddar Cheese



Corn Chips

Greek-Style Yoghurt



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.

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

9. 00000			
2 People	4 People		
refer to method	refer to method		
1	2		
1 small packet	1 medium packet		
1 (medium)	1 (large)		
2 cloves	4 cloves		
1 tin	2 tins		
1 medium sachet	1 large sachet		
20g	40g		
1/4 cup	½ cup		
1 medium packet	1 large packet		
1 medium sachet	1 large sachet		
drizzle	drizzle		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 large packet	2 large packets		
1 medium packet	2 medium packets OR 1 large packet		
	refer to method 1 1 small packet 1 (medium) 2 cloves 1 tin 1 medium sachet 20g 1/4 cup 1 medium packet 1 medium sachet drizzle 1 medium packet 1 medium packet 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3062kJ (732Cal)	589kJ (141Cal)
27.5g	5.3g
32.4g	6.2g
12.8g	2.5g
84.8g	16.3g
15.9g	3.1g
1824mg	351mg
	3062kJ (732Cal) 27.5g 32.4g 12.8g 84.8g 15.9g

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 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





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.



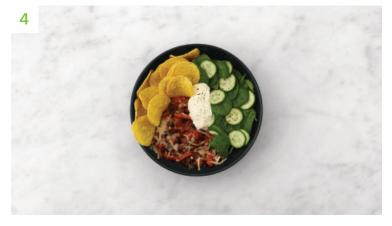
Make the salsa

 Meanwhile, combine baby leaves, cucumber and a drizzle of white wine vinegar and olive oil in a medium bowl. Season with salt and pepper.



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.



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!

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