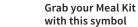


# One-Pot American Cannellini Bean & Veggie Chilli

with Melted Cheddar & Toasty Garlic Panini

CLIMATE SUPERSTAR













Cannellini Beans



Sweetcorn



All-American

Spice Blend



Tomato Paste







**Baby Leaves** 



Wholemeal Panini





Parsley



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 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.

Olive Oil, Butter

**Pantry items** 

#### 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 · Oven tray lined with baking paper

#### Ingredients

9		
	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 medium packet	1 large 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

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

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2612kJ (624Cal)	506kJ (121Cal)
Protein (g)	26.4g	5.1g
Fat, total (g)	20.2g	3.9g
- saturated (g)	11.4g	2.2g
Carbohydrate (g)	74.7g	14.5g
- sugars (g)	21.6g	4.2g
Sodium (mg)	2004mg	388mg
Dietary Fibre (g)	22.2g	4.3g
Custom Recipe		

#### 594kJ (142Cal) Energy (kJ) Protein (g) 55g 8.6g 37.9g Fat, total (g) 5.9g 19.2g - saturated (g) 3g Carbohydrate (g) 74.7g 11.6g 21.6g 3.4g - sugars (g) Sodium (mg) 2056mg 320mg Dietary fibre 22.2g 3.5g

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 mince with a spoon, until just browned, 6-7 minutes. Continue step as above.



### Toast the garlic bread

- Slice wholemeal panini in half, lengthways, then toast to your liking.
- Place the **butter** and remaining **garlic** in a small microwave-safe bowl. 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 pan before adding 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!