

Mexican Plant-Based Mince & Bean Chilli

with Jacket Potatoes & Tomato Ensalada

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Potato



Baby Leaves



Tomato



Carrot



Red Kidney Beans



Flaked Almonds



Plant-Based Mince



Garlic Paste



Tomato Paste



Mexican Fiesta Spice Blend



Vegetable Stock Powder



Plant-Based Mayo



Beef Mince



Pork Mince

Prep in: 25-35 mins
Ready in: 50-60 mins

Plant Based

Our plant-based mince is taken to a new level with our Mexican Fiesta spice blend. While it comes with a spicy warning, you can tailor it to your tastebuds by adding as little (or as much!) as you'd like. Cool things down with some plant-based mayo.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby leaves	1 small packet	1 medium packet
tomato	1	2
carrot	1	2
red kidney beans	½ packet	1 packet
flaked almonds	1 packet	2 packets
plant-based mince	1 packet	2 packets
garlic paste	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
water*	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2831kJ (677Cal)	493kJ (118Cal)
Protein (g)	33.2g	5.8g
Fat, total (g)	30.3g	5.3g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	63.4g	11g
- sugars (g)	25.9g	4.5g
Sodium (mg)	2417mg	420mg
Dietary Fibre (g)	15.6g	2.7g

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.

1



Bake the jacket potato

- Preheat oven to **200°C/180°C fan-forced**.
- Cut each **potato** in half.
- Place **potato** halves on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Arrange **potato** cut-side down, then bake until crisp and tender, **40-45 minutes**.

4



Finish the chilli

- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Reduce the frying pan heat to medium-high. Add **garlic paste**, **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant **1-2 minutes**.
- Add the **water**, **vegetable stock powder** and **kidney beans** and cook until slightly thickened, **1-2 minutes**.

2



Get prepped

- Meanwhile, roughly chop **baby leaves** and **tomato**. Grate **carrot**. Drain and rinse **red kidney beans (see ingredients)**.
- Heat a large frying pan over medium-high heat.
- Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

5



Make the ensalada

- While the chilli is cooking, combine **tomato**, **baby leaves** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season and toss to combine.

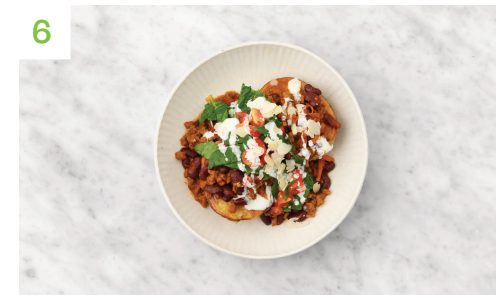
3



Start the chilli

- When the potato has **10 minutes** cook time remaining, return the frying pan to high heat with a drizzle of **olive oil**.
- Cook **plant-based mince** and **carrot**, breaking up with a spoon, until just browned, **4-5 minutes**.

6



Serve up

- Divide jacket potatoes between bowls. Top with Mexican plant-based mince and bean chilli.
- Spoon over tomato ensalada and drizzle over **plant-based mayo**.
- Sprinkle over toasted almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM
OPTIONS



SWAP TO BEEF MINCE
Follow method above.



SWAP TO PORK MINCE
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

