



# American-Style Black Bean Chilli

with Cucumber Salad, Corn Chips & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



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



Pork 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 cucumber salad, for that fresh kick every chilli bowl needs.

### Pantry items

Olive Oil, Butter, 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

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	½	1
garlic	2 cloves	4 cloves
black beans	1 packet	2 packets
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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1774kJ (423Cal)	483kJ (115Cal)
Protein (g)	15.4g	4.2g
Fat, total (g)	25.7g	7g
- saturated (g)	4.5g	1.2g
Carbohydrate (g)	31.9g	8.7g
- sugars (g)	17.6g	4.8g
Sodium (mg)	1264mg	344mg
Dietary Fibre (g)	5g	1.4g

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

2024 | CW44



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## Start the chilli

- Grate **carrot**. Roughly chop **baby leaves**. Thinly slice **cucumber** (see **ingredients**). 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**.

3



## Make the salad

- 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!

## CUSTOM OPTIONS

### + ADD BEEF MINCE

Cook with carrot, breaking up with a spoon, until browned, 4-5 minutes.

### + ADD PORK MINCE

Cook with carrot, breaking up with a spoon, until browned, 4-5 minutes.

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

