



Mexican Bean & Veggie Chilli

with Cheddar Cheese & Homemade Tortilla Chips

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Capsicum



Garlic



Red Kidney Beans



Mexican Fiesta Spice Blend



Chilli Flakes (Optional)



Chopped Tomatoes



Vegetable Stock



Mini Flour Tortillas



Coriander



Yoghurt



Shredded Cheddar Cheese

- Hands-on: 20-30 mins
- Ready in: 30-40 mins
- Spicy (Mexican Fiesta spice blend & optional chilli flakes)

Making your own veggie chilli? Easy. Making your own crispy tortilla chips to go with it? Even easier! We promise.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
chopped tomatoes	1 tin	2 tins
hot water*	2 tbs	¼ cup
vegetable stock	1 sachet	1 sachet
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
mini flour tortillas	4	8
coriander	1 bunch	1 bunch
yoghurt	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2760kJ (659Cal)	385kJ (92Cal)
Protein (g)	27.0g	3.8g
Fat, total (g)	26.6g	3.7g
- saturated (g)	13.5g	1.9g
Carbohydrate (g)	77.4g	10.8g
- sugars (g)	26.8g	3.7g
Sodium (g)	2010mg	280mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion**. Finely chop the **carrot** (unpeeled). Finely chop the **capsicum**. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **red kidney beans**.

TIP: Finely chopping the veggies helps them cook in the allocated time.



4. Bake the tortilla chips

While the chilli is simmering, slice the **mini flour tortillas** (see ingredients list) into 3cm wedges. Place on an oven tray lined with baking paper, **drizzle** (or spray) with **olive oil** and season with **salt** and **pepper**. Arrange in a single layer and bake until golden, **6-8 minutes**.



2. Start the chilli

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion, carrot** and **capsicum** and cook until softened, **5 minutes**. Add the **Mexican Fiesta spice blend**, a **pinch of chilli flakes** (if using) and the **garlic** and cook until fragrant, **1-2 minutes**.



5. Prep the garnish

While the tortilla chips are baking, roughly chop the **coriander**.



3. Make it saucy

Add the **chopped tomatoes, red kidney beans** and **hot water** to the frying pan with the veggies. Add the **vegetable stock** and **brown sugar** and bring to the boil. Reduce the heat to medium and cook until slightly thickened, **10-15 minutes**. Stir through the **butter** and season to taste with **salt** and **pepper**.

TIP: Seasoning is key in this dish, so taste and season with more salt and pepper if needed.



6. Serve up

Divide the Mexican bean and veggie chilli between bowls. Top with the **yoghurt** and sprinkle with **shredded Cheddar cheese** and the coriander. Serve with the tortilla chips.

Enjoy!