



One-Pot Black Bean, Kumara & Chipotle Chili

with Greek-Style Yoghurt & Avocado

Grab your Meal Kit with this symbol



Brown Onion



Celery



Garlic



Kumara



Sweetcorn



Black Beans



Tex-Mex Spice Blend



Tomato Sugo



Vegetable Stock Powder



Avocado



Mild Chipotle Sauce



Shredded Cheddar Cheese



Greek-Style Yoghurt



Shredded Cheddar Cheese

Hands-on: 20-30 mins
Ready in: 35-45 mins

Who doesn't love a piping hot bowl of chilli? Sure to leave you feeling satisfied and nurtured, this one's packed with the goodness of veggies and black beans, plus creamy avocado and yoghurt to top it off. Kick your shoes off and dig in!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 pot or saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
kumara	1 (medium)	1 (large)
sweetcorn	½ tin	1 tin
black beans	1 tin	2 tins
Tex-Mex spice blend	1 sachet	1 sachet
tomato sugo	1 tin (400g)	2 tins (800g)
water*	¾ cup	1½ cups
brown sugar*	1 tsp	2 tsp
vegetable stock powder	1 medium sachet	1 large sachet
avocado	1	2
butter*	20g	40g
mild chipotle sauce	1 packet (40g)	2 packets (80g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (50g)	1 packet (100g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3412kJ (815Cal)	481kJ (115Cal)
Protein (g)	26.4g	3.7g
Fat, total (g)	49g	6.9g
- saturated (g)	18.1g	2.6g
Carbohydrate (g)	54.3g	7.7g
- sugars (g)	23.8g	3.4g
Sodium (mg)	1630mg	230mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3905kJ (933Cal)	532kJ (127Cal)
Protein (g)	32.9g	4.5g
Fat, total (g)	58.4g	8g
- saturated (g)	23.7g	3.2g
Carbohydrate (g)	57.2g	7.8g
- sugars (g)	22.8g	3.1g
Sodium (mg)	1824mg	248mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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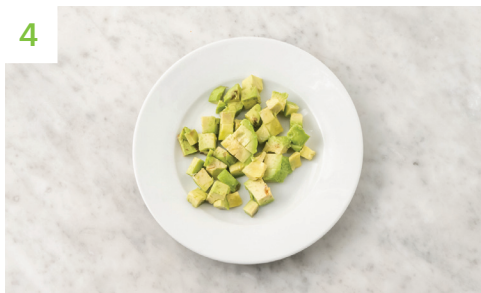


Get prepped

Finely chop the **brown onion**, **celery** and **garlic**. Peel and cut the **kumara** into bite-sized chunks. Drain the **sweetcorn** (see ingredients). Drain the **black beans** (no need to rinse!).

TIP: Not rinsing the beans helps to thicken the sauce.

TIP: Leave the kumara unpeeled if you prefer.



Prep the avocado

While the chilli is simmering, slice the **avocado** in half, scoop out the flesh and roughly chop.



Cook the veggies

In a large pot or saucepan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook the **onion**, **celery** and **kumara** until softened slightly, **3-4 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1-2 minutes**.



Add the chipotle

When the kumara is tender, remove the pan from the heat, then stir through the **butter** and **mild chipotle sauce**. Season to taste.



Simmer the chilli

Add the **black beans**, **sweetcorn**, **tomato sugo**, the **water**, **brown sugar** and **vegetable stock powder** to the **veggies**. Cover with a lid and bring to the boil, then reduce the heat to medium and simmer, covered and stirring occasionally, until the kumara is tender, **15-20 minutes**.



Serve up

Divide the black bean, kumara and chipotle chilli between bowls. Top with the **shredded Cheddar cheese** and avocado. Serve with the **Greek-style yoghurt**.

CUSTOM RECIPE

If you've doubled your shredded Cheddar cheese, sprinkle it over to serve.

Enjoy!