

# **SMOKEY CANNELLINI BEAN CHILLI**

with Cheesy Baked Potato & Chipotle Crema





Make a chipotle crema







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Spring Onion



Cannellini Beans



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Mild Chipotle



tle All-American Spice Blend



Smoked Paprika



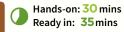
Crushed & Sieved Tomatoes



Baby Spinach Leaves



Shredded Cheddar Cheese



Prepare to meet your perfect match... If you like cheesy roasted potato, gently spiced bean chilli and mild chipotle, it'll be love at first bite with this unbelievably delicious dinner.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

oven tray lined with baking paper - large frying pan



### **BAKE THE POTATO** Preheat the oven to 240°C/220°C fan-

forced. Cut the potato (unpeeled) into 2cm chunks. Place the potato, a drizzle of olive oil and a pinch of salt and pepper on an oven tray lined with baking paper. Toss to coat, then divide the **potato** into two piles, with the chunks close together but in a single layer. Bake for 20 minutes.



#### **GET PREPPED**

While the **potato** is baking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Finely chop the tomato. Thinly slice the spring onion. Drain and rinse the cannellini beans. In a small bowl, combine the **sour cream** and mild chipotle sauce.



#### **COOK THE VEGGIES**

Heat a drizzle of olive oil in a large frying pan over a medium-high heat. Add the onion, carrot and tomato and cook, stirring, until softened, 5-6 minutes. Add the garlic and cook until fragrant, 1 minute.



#### MAKE THE CHILLI

Add the cannellini beans, All-American spice blend and smoked paprika (see ingredients list) to the pan and stir to combine. Add the crushed & sieved tomatoes (see ingredients list), the salt and water and cook, stirring, until well combined. Season to taste with **pepper**, reduce the heat to medium and simmer until thickened, 6-8 minutes. Add the baby spinach leaves, remove the pan from the heat and stir through until just wilted, 1 minute.



#### FINISH THE POTATO

While the chilli is simmering, remove the **potato** from the oven and sprinkle the shredded Cheddar cheese over each pile. Return to the oven and bake until the cheese is melted and the potato is tender, 5-10 minutes.



#### **SERVE UP**

Divide the cheesy baked potato between plates and spoon over the smokey cannellini bean chilli. Top with a dollop of chipotle crema and sprinkle with the spring onion.

## **ENJOY!**

## **INGREDIENTS**

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
tomato	2	4
spring onion	1 bunch	1 bunch
cannellini beans	1 tin	2 tins
sour cream	1 packet (125g)	2 packets (250g)
mild chipotle sauce	1 tub (40g)	2 tubs (80g)
All-American spice blend	1 sachet	2 sachets
smoked paprika	½ sachet	1 sachet
crushed & sieved tomatoes	½ tin (200g)	<b>1 tin</b> (400g)
salt*	1/4 tsp	½ tsp
water*	¼ cup	½ cup
baby spinach leaves	1 bag (90g)	<b>1 bag</b> (180g)
shredded Cheddar cheese	1 packet (50g)	<b>1 packet</b> (100g)

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	2800kJ (670Cal)	286kJ (68Cal)
Protein (g)	28.8g	2.9g
Fat, total (g)	22.6g	2.3g
- saturated (g)	13.5g	1.4g
Carbohydrate (g)	77.0g	7.9g
- sugars (g)	24.6g	2.5g
Sodium (g)	1570mg	160mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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