



SMOKEY CANNELLINI BEAN CHILLI

with Cheesy Baked Potato & Chipotle Crema



Make a chipotle crema



Potato



Brown Onion



Garlic



Carrot



Tomato



Spring Onion



Cannellini Beans



Sour Cream



Mild Chipotle Sauce



All-American Spice Blend



Smoked Paprika



Crushed & Sieved Tomatoes



Baby Spinach Leaves



Shredded Cheddar Cheese

Hands-on: 30 mins
Ready in: 35 mins

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.

Pantry Staples: Olive Oil

BEFORE YOU START

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**



1 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**.



2 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**.



3 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**.



4 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**.



5 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**.



6 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!

2 | 4 PEOPLE 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)	1 tin (400g)
salt*	¼ tsp	½ tsp
water*	¼ cup	½ cup
baby spinach leaves	1 bag (90g)	1 bag (180g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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