

Ghostly Black Bean Chilli

with Devious Dippers and Avocado 'Goo'

Halloween 25-30 Minutes • Medium Spice • 5 of your 5 a day • Veggie



Bell Pepper



Red Onion



Black Beans



Lime



Plain Taco
Tortillas



Finely Chopped
Tomatoes



Red Wine
Stock Paste



Avocado



Chipotle Paste

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Sieve, fine grater, baking tray, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1½	2
Black Beans	1 carton	1½ cartons	2 cartons
Lime**	1	1½	2
Plain Taco Tortillas 13)	6	9	12
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Avocado	1	1½	2
Chipotle Paste	20g	30g	40g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

Not Included **Store in the Fridge *Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.*

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
	714g	100g
Energy (kJ/kcal)	3278 /784	459 /110
Fat (g)	32.6	4.6
Sat. Fat (g)	10.0	1.4
Carbohydrate (g)	98.1	13.7
Sugars (g)	25.6	3.6
Protein (g)	22.3	3.1
Salt (g)	4.21	0.59

*Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).*

Allergens

13) Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **red onion**.

Drain and rinse the **black beans** in a sieve. Zest and halve the **lime**.



Chilli Time

Once the **veg** has softened, add the **chopped tomatoes, black beans, red wine stock paste, sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.

Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



Make your Devious Dippers

Use a knife to cut a spooky face out of each **tortilla**, then place them onto a large baking tray and rub with a little **oil**. Season with **salt**, then set aside.



Bring on the Avocado 'Goo'

While your **chilli** simmers, bake the **tortillas** on the middle shelf of your oven until golden and **crispy**, 4-6 mins.

Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh into a medium bowl. Add a squeeze of **lime juice**, a drizzle of **oil** and a pinch of **salt** and **pepper**, then mash with a fork.

Once thickened, stir the **chipotle paste** (add less if you'd prefer things milder) and **butter** (see pantry for amount) through the **chilli** until melted. Remove from the heat.



Fry the Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sliced pepper** and **onion**. Fry until just soft, 4-5 mins. Continue to stir while it cooks.



Serve up a Fright

Share your **ghostly black bean chilli** between your bowls, then spoon over the **avocado 'goo'**.

Serve with the **devious dippers** for scooping. Sprinkle over a pinch of **lime** zest to finish.

Enjoy!