



Chipotle Veggie Chilli Dog

with Guacamole, Cheese and Tomato Salad

Quick 20-25 Minutes • Mild Spice • 3 of your 5 a day • Veggie

18



Garlic Clove



Mixed Beans



Tomato Puree



Chipotle Paste



Red Wine Stock Paste



Medium Tomato



Avocado



Mature Cheddar Cheese



Cider Vinegar



Brioche Hot Dog Buns



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter, Mayonnaise

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

Garlic press, sieve, frying pan, potato masher, grater, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Mixed Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	60g	60g
Chipotle Paste	20g	30g	40g
Red Wine Stock Paste 14)	28g	42g	56g
Medium Tomato	1	1½	2
Avocado	1	1½	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Cider Vinegar 14)	15ml	22ml	30ml
Brioche Hot Dog Buns 7) 8) 11) 13)	2	3	4
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Dressing*	½ tsp	¾ tsp	1tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3336/797	689/165
Fat (g)	50.6	10.4
Sat. Fat (g)	17.8	3.7
Carbohydrate (g)	58.4	12.1
Sugars (g)	16.1	3.3
Protein (g)	21.5	4.4
Salt (g)	3.68	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **11)** Soya **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, cereals containing 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.

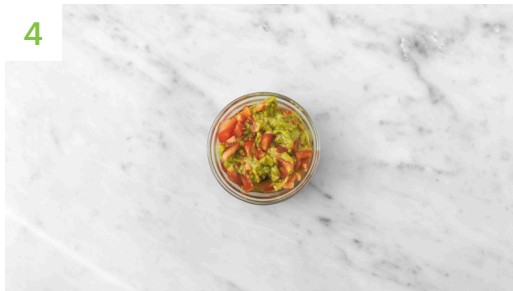
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Get Prepping

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **mixed beans** in a sieve.



Hey Guacamole

- In a medium bowl, mix together the **cider vinegar** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts).
- Add the **tomato** and **avocado** to the bowl of **dressing**.
- Season with **salt** and **pepper**, then toss to coat.



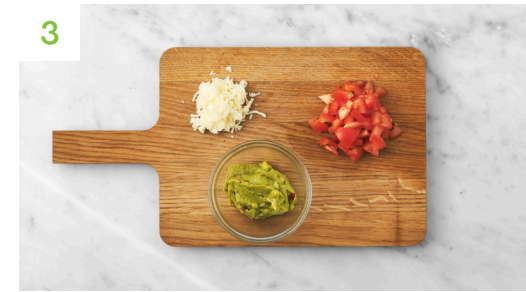
Start your Chilli

- Heat a drizzle of **oil** in a large frying pan. Once hot, add the **garlic** and **tomato puree**. Fry for 1-2 mins.
- Stir in the **chipotle**, **red wine stock paste**, **mixed beans**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Mash **half** of the **beans** in the pan with a potato masher, bring to the boil, then lower to a simmer.
- Cook until thickened slightly, 4-5 mins, then remove from the heat.



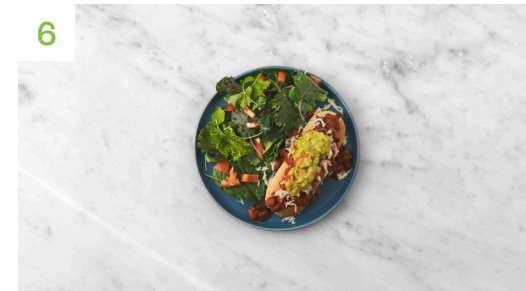
Warm the Buns

- Slice the **buns** down through the middle (but not all the way through). Pop them onto a large baking tray and into the oven to warm through, 2-3 mins.
- Stir the **butter** (see pantry for amount) into the **veggie chilli**.
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if the **sauce** is a little thick.



Finish the Prep

- In the meantime, cut the **tomato** into 1cm chunks.
- Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board and mash with a fork. Season with **salt** and **pepper**.
- Grate the **cheese**.



Finish and Serve

- Just before you're ready to serve, toss the **baby leaves** in the **dressing**.
- Transfer your **buns** to your plates, then spread the **mayonnaise** (see pantry for amount) inside each one. Fill with your **veggie chilli**.
- Sprinkle the **cheese** over the **buns** and spoon on the **guacamole**.
- Serve with your **salad** alongside.

Enjoy!