



# Black Bean Chilli

with Tortilla Chips, Soured Cream and Cheese

Family 25-30 Minutes • Medium Spice • 3 of your 5 a day

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Bell Pepper



Red Onion



Black Beans



Mature Cheddar Cheese



Plain Taco Tortillas



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Chipotle Paste



Soured Cream



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

### + Add Diced Chorizo

If you chose to add diced chorizo, then just follow the instructions on the back of this card.

Happy cooking!



## 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, grater, baking tray and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion	1	1½	2
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	40g	60g
Plain Taco Tortillas 13)	6	9	12
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Chipotle Paste	20g	30g	40g
Soured Cream** 7)	75g	120g	150g
Diced Chorizo**	90g	120g	180g

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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	643g	100g	688g	100g
Energy (kJ/kcal)	3197 / 764	498 / 119	4025 / 962	585 / 140
Fat (g)	30.4	4.7	46.7	6.8
Sat. Fat (g)	14.5	2.3	20.6	3.0
Carbohydrate (g)	91.5	14.2	92.9	13.5
Sugars (g)	26.3	4.1	26.6	3.9
Protein (g)	26.8	4.2	38.0	5.5
Salt (g)	4.77	0.74	7.35	1.07

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

## Allergens

7) Milk 13) Cereals containing gluten

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

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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. Grate the **cheese**.



## Make your Tortilla Dippers

Cut each **tortilla** into 8 triangles (use scissors if easier). Place on a large baking tray in a single layer and drizzle with **oil**.

Set aside to bake later.



## 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.

### + Add Diced Chorizo

If you're adding **chorizo**, add it to the pan with the **veg**. Fry for the same amount of time, then continue as instructed.



## Chilli Time

Once the **veg** has softened, add the **chopped tomatoes, black beans, chicken 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.



## Finishing Touches

While your **chilli** simmers, bake the **tortillas** on the middle shelf of your oven until lightly golden brown and crisp, 5-7 mins. **TIP:** *Keep an eye on them to make sure they colour evenly.*

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.



## Serve Up

Share your **black bean chilli** between your bowls, then dollop over the **soured cream**. Sprinkle with the **cheese** to finish.

Serve with your **tortilla dippers** alongside.

## Enjoy!