



# Tex-Mex Style Pork and Bean Chilli

with Tostada Dippers and Soured Cream

9

**Quick** 20-25 Minutes • **Medium Spice** • 2 of your 5 a day



British Pork Mince



Mixed Beans



Plain Taco Tortillas



Mexican Style Spice Mix



Tomato Passata



Chicken Stock Paste



Soured Cream



British Beef Mince

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### Pantry Items

Oil, Salt, Pepper, Honey, Butter

↔ **Swap to Beef Mince**

If you chose to swap to beef mince, then just follow the instructions on the back of this card.

Happy cooking!

Ready in less than 25 minutes, this Tex-Mex Style Pork and Bean Chilli has it all. Spiced with flavours from chillies, cumin seeds, paprika and thyme, we're pairing this chilli with tostadas (meaning 'toasted') for dipping.



## 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

Saucepan, sieve, baking tray and lid.

## Ingredients

Ingredients	2P	3P	4P
British Pork Mince**	240g	360g	480g
Mixed Beans	1 carton	1½ cartons	2 cartons
Plain Taco Tortillas <b>13)</b>	4	6	8
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	15g	25g	30g
Soured Cream** 7)	75g	150g	150g
British Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	524g	100g	524g	100g
Energy (kJ/kcal)	3515 / 840	671 / 160	3284 / 785	627 / 150
Fat (g)	46.1	8.8	39.5	7.5
Sat. Fat (g)	20.7	4.0	19.4	3.7
Carbohydrate (g)	62.4	11.9	62.2	11.9
Sugars (g)	16.1	3.1	15.9	3.0
Protein (g)	39.6	7.6	43.2	8.2
Salt (g)	4.00	0.76	4.00	0.76

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.

† Limited-time offer for new subscribers redeeming on eligible devices. Plan auto-renews at £10.99/mo until cancelled. Terms apply. Lossless audio available up to 24-bit/192 kHz.

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## Brown the Mince

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Heat a large saucepan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

### ↔ Swap to Beef Mince

If you've chosen **beef mince** instead of **pork**, cook the recipe in the same way.



## Toast the Tostada Dippers

- Meanwhile, bake the **tortillas** on the top shelf of the oven until golden and crispy, 4-6 mins. **TIP:** Tostada means 'toasted', so make sure they're crispy!



## Add the Flavour

- Meanwhile, drain and rinse the **mixed beans** in a sieve.
- Lay the **tortillas** onto a large baking tray in a single layer and rub each with a little **oil**. Season with **salt** and set aside.
- When the **mince** has browned, stir the **Mexican style spice mix, mixed beans, passata, chicken stock paste, honey** and the **water for the sauce** (see pantry for both amounts) into the saucepan and bring to the boil.



## Final Touches

- When the **pork chilli** is ready, stir through the **butter** (see pantry for amount) until melted.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Simmer the Sauce

- Once the **sauce** is boiling, reduce the heat to a simmer and cover with a lid or some foil.
- Simmer until the **pork** is cooked and the **sauce** has thickened, 10-12 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Serve

- Share the **pork chilli** between your bowls. Drizzle over the **soured cream**.
- Serve the **tostada dippers** alongside.

## Enjoy!

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