

Tex-Mex Style Pork and Bean Chilli

with Tostada Dippers and Soured Cream



20-25 Minutes · Medium Spice · 2 of your 5 a day







Mixed Beans







Mexican Style Spice Mix

Tomato Passata





Soured Cream







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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 13)	4	6	8		
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets		
Tomato Passata	1 carton	1%cartons	2 cartons		
Chicken Stock Paste	15g	25g	30g		
Soured Cream** 7)	75g	150g	150g		
British Beef Mince**	240g	360g	480g		
Pantry	2P	3P	4P		
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

NUCLICION			Custom Recipe	
Typical Values	Per	Per	Per	Per
	serving	100g	serving	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
$Carbohydrate\left(g\right)$	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

- a) Preheat your oven to 220°C/200°C fan/gas mark 7.
- **b)** Heat a large saucepan on medium-high heat (no oil).
- c) 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.



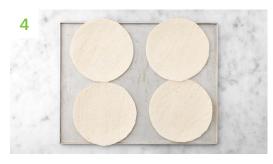
Add the Flavour

- **a)** Meanwhile, drain and rinse the **mixed beans** in a sieve.
- **b)** 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.
- c) 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.



Simmer the Sauce

- **a)** Once the **sauce** is boiling, reduce the heat to a simmer and cover with a lid or some foil.
- **b)** 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.



Toast the Tostada Dippers

a) 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!*



Final Touches

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



Serve

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

Enjoy!

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