



# Spicy Sausage Chilli with Homemade Tortilla Chips

Calorie Smart 35 Minutes • Medium Spice • 2 of your 5 a day

26



Garlic Clove



Bell Pepper



Chives



Red Chilli



Kidney Beans



Pork Sausage  
Meat



Smoked Paprika



Ground Cumin



Finely Chopped  
Tomatoes with  
Onion and Garlic



Red Wine  
Stock Paste



Super Soft Tortilla  
with Whole Wheat



Soured Cream

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Frying Pan, Sieve, Baking Tray and Bowl.

## Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Bell Pepper***	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Kidney Beans	1 carton	1½ cartons	2 cartons
Pork Sausage Meat** (13) (14)	225g	340g	450g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Red Wine Stock Paste (14)	1 sachet	1½ sachets	2 sachets
Super Soft Tortilla with Whole Wheat (13)	2	3	4
Soured Cream** (7)	75g	120g	150g

\*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

	Per serving	Per 100g
for uncooked ingredient	623g	100g
Energy (kJ/kcal)	2929 / 700	470 / 112
Fat (g)	33	5
Sat. Fat (g)	13	2
Carbohydrate (g)	64	10
Sugars (g)	22	4
Protein (g)	33	5
Salt (g)	6.12	0.98

Nutrition for uncooked ingredients based on 2 person recipe.  
SmartPoints® values based on low-cal cooking spray oil.

## Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.



## Prep the Veggies

Preheat your oven to 200°C. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Chop into small pieces. Finely chop the **chives** (use scissors if easier). Halve the **chilli** lengthways, deseed then finely chop.



## Start the Chilli

Heat a frying pan on medium-high heat with a splash of **oil**. Add the **pepper**. Stir and cook until soft and slightly charred, 5-6 mins. Meanwhile, drain and rinse the **kidney beans** in a sieve.



## Cook the Chilli

Once the **peppers** are soft, add the **sausage meat**. Cook until browned, 5-6 mins, using a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.* Drain and discard any excess fat then season with **salt** and **pepper**. Add the **garlic**, **chilli** (add as much or as little as you like), **smoked paprika** and **ground cumin**. Cook for 1 min more. Pour in the **chopped tomatoes**, **water** (see ingredients for amount) and **kidney beans**. Stir in the **red wine stock paste**. Simmer until thick, 10-12 mins.



## Cut the Tortillas

While the **chilli** cooks, make the **tortilla chips**. Using some scissors, cut each **tortilla** into eight triangles (we used one **tortilla** per person but if you want to use two per person, that's fine - you have enough!).



## Bake the Chips

Place the **chips** on a baking tray in a single layer and drizzle over some **oil**. Season with **salt** and **pepper**. Bake on the top shelf of your oven until golden, 4-5 mins. **TIP:** *Keep an eye on them to make sure they don't brown too much.*



## Season and Serve

Taste the **chilli** and add more **salt** and **pepper** if necessary. Serve the **sausage chilli** in bowls with a spoonful of **soured cream** on top and a sprinkling of **chives**. Place the **tortilla chips** on the side of the bowl (for scooping purposes).

## Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.