



Sausage Chilli

with Homemade Tortilla Chips



HELLO PAPIKA

Some zoos mix paprika into the flamingo feed to help them maintain their beautiful pink feathers!



Leek



Garlic Clove



Red Pepper



Chives



Sausage Meat



Kidney Beans



Smoked Paprika



Ground Cumin



Diced Tomatoes



Water



Beef Stock Pot



Whole Wheat Soft Tortillas



Natural Yoghurt

MEAL BAG

35 mins

5 of your 5 a day

Little Heat

At the Fresh Farm, we like to help you pack as much flavour as possible into your cooking in as short a time as possible. One trick for achieving this is to use sausage meat, as it's already well seasoned and packed with delicious herbs and spices. Savoury and time saver-y! You're welcome!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Frying Pan**, **Colander**, **Measuring Jug**, some **Baking Paper** and a **Baking Tray**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Remove the root and dark green top from the **leek**, halve lengthways and slice into thin half moons. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **red pepper** and chop into 1cm pieces. Chop the **chives** into ½cm pieces. **TIP: Use scissors to do this if you want!**



2 START THE CHILLI

Heat a frying pan on medium-high heat with a drizzle of **oil**. Add the **leek** and **pepper**. Stir and cook until soft, 5 mins. **TIP: Don't worry if they colour slightly, this will just add to the flavour!** Break the **sausage meat** into 2cm chunks. **TIP: Remember to wash your hands after handling raw meat** Drain and rinse the kidney beans in a colander.



3 COOK THE CHILLI

Once the **pepper** is soft, add the **sausage meat**. Stir and cook until browned, 5 mins. Use a wooden spoon to break it up while it cooks. Add a pinch of **salt** and **pepper**. Add the **garlic**, **smoked paprika** and **ground cumin**. Cook for 1 minute more. Pour in the **diced tomatoes** and **water** (amount specified in the ingredient list). Stir in the **beef stock pot** (make sure it dissolves), then add the **kidney beans**. Cook until thick, 10-12 mins.



4 CUT THE TORTILLAS

While the **chilli** cooks, make the **tortilla chips**! 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!)



5 BAKE THE CHIPS

Place the **tortilla chips** on a lined baking tray in a single layer and drizzle over some **olive oil**. Sprinkle on a pinch of **salt** and a grind of **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 burn!**



6 SEASON AND SERVE

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

2 PEOPLE INGREDIENTS

Leek, sliced	1
Garlic Clove, grated	1
Red Pepper, chopped	1
Chives, chopped	½ bunch
Sausage Meat ¹⁴⁾	280g
Kidney Beans	1 tin
Smoked Paprika	1½ tsp
Ground Cumin	1½ tsp
Diced Tomatoes	1 tin
Water*	100ml
Beef Stock Pot	1
Whole Wheat Soft Tortillas ¹³⁾	2
Natural Yoghurt ⁷⁾	1 pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	712	91
(kJ)	2964	379
Fat (g)	35	5
Sat. Fat (g)	12	2
Carbohydrate (g)	51	7
Sugars (g)	20	2
Protein (g)	41	5
Salt (g)	7.43	0.95

ALLERGENS

⁷⁾ Milk ¹³⁾ Gluten ¹⁴⁾ Sulphites

Beef Stock Pot: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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