



# Mexican Bean & Veggie Chilli

with Cheddar Cheese & Homemade Tortilla Chips

Grab your Meal Kit with this symbol 



Brown Onion



Carrot



Garlic



Sweetcorn



Red Kidney Beans



Mexican Fiesta Spice Blend



Chilli Flakes (Optional)



Chopped Tomatoes



Vegetable Stock



Mini Flour Tortillas



Coriander



Yoghurt



Shredded Cheddar Cheese



Hands-on: **25-35** mins  
Ready in: **30-40** mins



Spicy (Mexican Fiesta spice blend & optional chilli flakes)

Making your own veggie chilli? Easy. Making your own crispy tortilla chips to go with it? Even easier! We promise.

### Pantry items

Olive Oil, Brown Sugar, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Large frying pan · Oven tray lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
carrot	1	2
garlic	2 cloves	4 cloves
sweetcorn	½ tin	1 tin
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
chopped tomatoes	1 tin	2 tins
hot water*	2½ tbs	½ cup
vegetable stock	1 sachet	1 sachet
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
mini flour tortillas	4	8
coriander	1 bunch	1 bunch
yoghurt	1 small packet	1 large packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2870kJ (686Cal)	408kJ (97Cal)
Protein (g)	26.8g	3.8g
Fat, total (g)	27.7g	3.9g
- saturated (g)	13.4g	1.9g
Carbohydrate (g)	72.7g	10.3g
- sugars (g)	24.3g	3.5g
Sodium (mg)	2160mg	306mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion**. Grate the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Drain the **sweetcorn** (see ingredients list). Drain and rinse the **red kidney beans**.



## 4. Bake the tortilla chips

While the chilli is simmering, slice the **mini flour tortillas** (see ingredients list) into 3cm wedges. Place the **tortilla wedges** on an oven tray lined with baking paper. **Drizzle** (or spray) with **olive oil** and **season** with **salt** and **pepper**. Arrange in a single layer and bake until golden, **6-8 minutes**.

**TIP:** Keep an eye on them. You want them crisp, but not burnt!



## 2. Cook the veggies

**SPICY!** The spice blend is hot, use less if you're sensitive to heat. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion, carrot** and **sweetcorn** and cook until softened, **5 minutes**. Add the **Mexican Fiesta spice blend**, a **pinch of chilli flakes** (if using) and the **garlic** and cook until fragrant, **1-2 minutes**.



## 5. Prep the garnish

While the tortilla chips are baking, roughly chop the **coriander**.



## 3. Simmer the chilli

Add the **chopped tomatoes, red kidney beans** and **hot water** to the pan. Add the **vegetable stock** and **brown sugar**. Bring to the boil, then reduce the heat to medium and simmer until slightly thickened, **10-15 minutes**. Stir through the **butter** and season to taste with **salt** and **pepper**.

**TIP:** Butter helps to smooth the acidity from the tomato.

**TIP:** Seasoning is key in this dish, so taste, season with salt and pepper and taste again.



## 6. Serve up

Divide the Mexican bean and veggie chilli between bowls, top with a dollop of **yoghurt** and sprinkle with the **shredded Cheddar cheese** and coriander. Serve with the tortilla chips.

**Enjoy!**