



# MEXICAN BLACK BEAN CHILLI

with Cheesy Kumara Topping & Charred Corn



Add smokey sweetness with charred corn!



Kumara



Coriander



Carrot



Courgette



Cheddar Cheese



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Chopped Tomatoes



Vegetable Stock



Greek Yoghurt

Hands-on: **35 mins**  
Ready in: **45 mins**  
Spicy (Mexican Fiesta spice blend)

We've packed this bake with classic Mexican flavours, with a spicy kick for those who want it! The rich black bean chilli gets topped with tender cubes of kumara plus a scattering of cheese. Plus, try our technique for charred, Mexican-style sweetcorn - one bite and you'll be hooked!

**Pantry Staples:** Olive Oil, Brown Sugar, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- large frying pan**
- medium baking dish**



### 1 ROAST THE KUMARA

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm cubes. **TIP:** Cut the kumara to the correct size so it cooks in the allocated time. Place the kumara on the oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat, then roast until just tender, **20 minutes**.



### 2 PREP THE VEG

While the kumara is roasting, roughly chop the **coriander**. Grate the **carrot** (unpeeled) and **courgette**. Grate the **Cheddar cheese**. Drain the **sweetcorn** (see ingredients list). Drain and rinse the **black beans**.



### 3 START THE CHILLI

**SPICY!** Use less of the spice blend if you're sensitive to heat. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **black beans**, grated **carrot** and **courgette** and cook until softened, **2 minutes**. Add the **Mexican Fiesta spice blend** and stir until fragrant, **1 minute**.



### 4 BAKE THE CHILLI

Add the **chopped tomatoes**, **brown sugar**, crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and stir through the **butter**. Season to taste with **salt** and **pepper**, then transfer to a medium baking dish. Top the bean mixture with the roasted **kumara**, then sprinkle with the grated **Cheddar cheese**. Bake until the cheese has melted and the bean mixture is bubbling, **10 minutes**.



### 5 CHAR THE CORN

While the chilli is baking, wash out the frying pan and return to a high heat. Add the **corn kernels** and cook until lightly browned, **4-5 minutes**. **TIP:** Cover the pan with a lid if the kernels are jumping out!



### 6 SERVE UP

Divide the Mexican black bean chilli and charred corn between plates. Sprinkle with the coriander and serve with the **Greek yoghurt**.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
coriander	1 bunch	1 bunch
carrot	1	2
courgette	1	2
Cheddar cheese	1 block (50 g)	1 block (100 g)
sweetcorn	½ tin (150 g)	1 tin (300 g)
black beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
chopped tomatoes	1 tin (400 g)	2 tins (800 g)
brown sugar*	1 tsp	2 tsp
vegetable stock	1 cube	2 cubes
butter*	20g	40g
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2730kJ (652Cal)	297kJ (71Cal)
Protein (g)	31.7g	3.5g
Fat, total (g)	30.8g	3.4g
- saturated (g)	9.1g	1.0g
Carbohydrate (g)	83.6g	9.1g
- sugars (g)	30.8g	3.4g
Sodium (g)	2190mg	238mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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