

# **Mexican Plant-Based Mince & Bean Chilli**

with Jacket Potatoes & Tomato Ensalada

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR



Our plant-based mince is taken to a new level with our Mexican Fiesta spice blend. While it comes with a spicy warning, you can tailor it to your tastebuds by adding as little (or as much!) as you'd like. Cool things down with some plant-based mayo.

**Pantry items** Olive Oil, White Wine Vinegar

Grab your Meal Kit with this symbol

Prep in: 25-35 mins Ready in: 50-60 mins Plant Based\*

\*Custom Recipe is not Plant Based

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Oven tray lined with baking paper · Large frying pan

2 People4 Peopleolive oil*refer to methodrefer to methodpotato24baby leaves1 small packet1 medium packettomato1 small packet1 medium packettomato12carrot12red kidney beans½ packet1 packetflaked almonds1 packet2 packetsplant-based mince1 packet1 medium packettomato paste1 small packet2 packetsplant-based mince1 medium sachet1 large sachetWexican Fiesta powder1 medium sachet1 large sachetwater*½ cup1 cupvegetable stock powder1 medium sachet1 large sachetwhite wine vinegar*1 medium packet1 large packetplant-based may1 medium packet2 medium packetbeef mince**1 medium packet2 medium packet	<u> </u>		
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beef mince** 1 medium packet 2 medium packets		drizzle	drizzle
	plant-based mayo	1 medium packet	1 large packet
	beef mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2831kJ (677Cal)	493kJ (118Cal)
Protein (g)	33.2g	5.8g
Fat, total (g)	30.3g	5.3g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	63.4g	11g
- sugars (g)	25.9g	4.5g
Sodium (mg)	2417mg	420mg
Dietary Fibre (g)	15.6g	2.7g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3023kJ (723Cal)	504kJ (120Cal)
Protein (g)	41.8g	7g
Fat, total (g)	34.5g	5.8g
- saturated (g)	9.8g	1.6g
Carbohydrate (g)	56.6g	9.4g
- sugars (g)	24.7g	4.1g
Sodium (mg)	1723mg	287mg
Dietary fibre	10g	1.7g

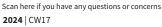
The quantities provided above are averages only.

#### Allergens

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!





#### Bake the jacket potatoes

- Preheat oven to 200°C/180°C fan-forced.
- Cut each **potato** in half.
- Place **potato** halves on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Arrange **potato** cut-side down, then bake until crisp and tender, **40-45 minutes**.



#### Get prepped

- Meanwhile, roughly chop **baby leaves** and **tomato**. Grate the **carrot**. Drain and rinse **red kidney beans (see ingredients)**.
- Heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a bowl.



## Start the chilli

- When the potato has **10 minutes** cook time remaining, return the frying pan to high heat with a drizzle of **olive oil**.
- Cook plant-based mince and carrot, breaking up with a spoon, until just browned, 4-5 minutes.

**Custom Recipe:** If you've swapped to beef mince, follow instructions as above.



#### Finish the chilli

- SPICY! The spice blend is hot, use less if you're sensitive to heat. Reduce the frying pan heat to medium-high. Add garlic paste, tomato paste and Mexican Fiesta spice blend and cook until fragrant 1-2 minutes.
- Add the water, vegetable stock powder and kidney beans and cook until slightly thickened, 1-2 minutes.

**Custom Recipe:** Drain any excess oil from the pan before adding garlic paste, tomato paste and Mexican Fiesta spice blend.



## Make the ensalada

 While the chilli is cooking, combine tomato, baby leaves and a drizzle of white wine vinegar and olive oil in a medium bowl. Season and toss to combine.



## Serve up

- Divide jacket potatoes between bowls. Top with Mexican plant-based mince and bean chilli.
- Spoon over tomato ensalada and drizzle over **plant-based mayo**.
- Sprinkle over toasted almonds to serve. Enjoy!

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate