



American-Style Black Bean Chilli

with Cucumber Salad, Corn Chips & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

34



Carrot



Baby Leaves



Cucumber



Garlic



Black Beans



All-American Spice Blend



Tomato Sugo



Vegetable Stock Powder



Shredded Cheddar Cheese



Greek-Style Yoghurt



Corn Chips



Beef Mince



Pork Mince

WIN THE ULTIMATE BLUES EXPERIENCE!



SCAN AND REGISTER TO WIN



Prep in: 20-30 mins
Ready in: 20-30 mins

Calorie Smart

Spice up dinner time with a black bean chilli, all the punchy flavours without the heat. We suggest grabbing a corn chip and piling up a helping of saucy beans and yoghurt. Chase it down with a cucumber salad, for that fresh kick every chilli bowl needs.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
baby leaves	1 small packet	1 medium packet
cucumber	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
black beans	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
water*	¼ cup	½ cup
tomato sugo	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
shredded Cheddar cheese	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	2 medium packets
corn chips	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2611kJ (624cal)	522kJ (104cal)
Protein (g)	23.9g	4.8g
Fat, total (g)	29.5g	5.9g
- saturated (g)	11.5g	2.3g
Carbohydrate (g)	66.3g	13.3g
- sugars (g)	15.8g	3.2g
Sodium (mg)	1984mg	396.8mg
Dietary Fibre (g)	14.1g	2.8g

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!

Scan here if you have any questions or concerns

2025 | CW08



1



Start the chilli

- Grate **carrot**. Roughly chop **baby leaves**. Thinly slice **cucumber**. Finely chop **garlic**. Drain and rinse **black beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, stirring, until tender, **2-3 minutes**.
- Add **black beans**, **garlic** and **All-American spice blend** and cook until fragrant, **1-2 minutes**.

3



Make the salad

- Meanwhile, combine **baby leaves**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season with **salt** and **pepper**.

2



Finish the chilli

- Stir in the **butter**, **water**, **tomato sugo** and **vegetable stock powder**, until combined and slightly reduced, **1-2 minutes**.
- Season to taste.

4



Finish & serve

- Divide American-style black bean chilli between bowls. Sprinkle over **shredded Cheddar cheese**.
- Top with cucumber salad and **Greek-style yoghurt**.
- Serve with **corn chips**. Enjoy!

CUSTOM OPTIONS



ADD BEEF MINCE

Cook with carrot, breaking up with a spoon, until browned, 4-5 minutes.



ADD PORK MINCE

Cook with carrot, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

