



# Spiced Veggie Bean Chilli Sub

with Cheese, Spiced Chips and Roasted Garlic Slaw

Classic 35-40 Minutes • Mild Spice • 3 of your 5 a day • Veggie

20



Potatoes



Mexican Style  
Spice Mix



Garlic Clove



Mature Cheddar  
Cheese



Mixed Beans



Tomato Passata



Red Wine  
Stock Paste



Mayonnaise



Coleslaw Mix



Brioche Hot  
Dog Buns



Crispy Onions

**Pantry Items**

Oil, Salt, Pepper, Sugar, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Baking tray, aluminium foil, garlic press, grater, sieve, frying pan, bowl and kitchen scissors.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Garlic Clove**	3	5	6
Mature Cheddar Cheese** 7)	40g	60g	80g
Mixed Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Mayonnaise 8) 9)	32g	48g	64g
Coleslaw Mix**	120g	180g	240g
Brioche Hot Dog Buns 7) 8) 11) 13)	2	3	4
Crispy Onions 13)	1 sachet	2 sachets	2 sachets
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	677g	100g
	3525 /843	521 /124
Fat (g)	31.8	4.7
Sat. Fat (g)	16.5	2.4
Carbohydrate (g)	111.3	16.4
Sugars (g)	21.2	3.1
Protein (g)	26.0	3.8
Salt (g)	4.54	0.67

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Cereals containing gluten 14) Sulphites


Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Spice the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over **half** the **Mexican style spice mix**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Slaw Time

In the meantime, in a medium bowl, mix together the **mayonnaise** and **coleslaw mix**. Season with **salt** and **pepper**.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork, then stir into the **coleslaw mix**.

Set your **slaw** aside for later.



## Finish the Prep

Meanwhile, pop **half** the **garlic cloves** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **parcel** on the **chip** baking tray until soft, 10-12 mins.

In the meantime, peel and grate the remaining **garlic**.

Grate the **cheese**. Drain and rinse the **mixed beans** in a sieve.



## Warm the Buns

Just before you're ready to serve, slice the **buns** top down through the middle (but not all the way through).

Pop the **buns** into the oven to warm through, 2-3 mins.

Meanwhile, reheat the **chilli** if needed.



## Simmer your Chilli

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **garlic** and remaining **Mexican style spice mix**. Fry until fragrant, 1 min.

Stir in the **passata**, **red wine stock paste**, **mixed beans**, **sugar** and **water for the sauce** (see pantry for both amounts). Simmer until thickened, 5-6 mins.

Remove from the heat and stir in the **butter** (see pantry for amount) until melted. Season with **salt** and **pepper**.



## Serve Up

Share the **buns** between your serving plates, then fill with your **bean chilli**.

Sprinkle over the **grated Cheddar** and **crispy onions** to finish.

Serve with the **spiced chips** and **slaw** alongside.

## Enjoy!