



# Spicy Sausage Chilli

with Homemade Tortilla Chips

**CLASSIC** 35 Minutes • Little Heat • 2.5 of your 5 a day



Leek



Garlic Clove



Green Pepper



Chives



Red Chilli



Kidney Beans



Pork Sausage Meat



Smoked Paprika



Ground Cumin



Finely Chopped Tomatoes with Garlic and Onion



Red Wine Stock Pot



Whole Wheat Tortillas



Natural Yoghurt

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Frying Pan, Colander, Measuring Jug and Baking Tray.

### Ingredients

	2P	3P	4P
Leek**	1	1	2
Garlic Clove**	1	2	2
Green Pepper**	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Kidney Beans	1 carton	1½ cartons	2 cartons
Pork Sausage Meat 13) 14)**	225g	340g	450g
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Ground Cumin	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic and Onion	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Whole Wheat Tortillas 13)	2	3	4
Natural Yoghurt 7)**	75g	100g	150g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	688g	100g
Energy (kJ/kcal)	2690 /643	391 /94
Fat (g)	25	4
Sat. Fat (g)	8	1
Carbohydrate (g)	61	9
Sugars (g)	23	3
Protein (g)	39	6
Salt (g)	6.57	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Prep the Veggies

Preheat your oven to 200°C. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Chop into small pieces. Finely chop the **chives**. **TIP: Use scissors to make this easier!** Halve the **chilli** lengthways, deseed then finely chop.



## 4. Cut the Tortillas

While the **chilli** cooks, make the **tortilla chips!** Using some scissors, cut each **tortilla** into eight triangles (we used one tortilla per person but if you want to use two per person, that's fine - you have enough!).



## 2. Start the Chilli

Heat a frying pan on medium-high heat with a splash of **oil**. Add the **leek** and **pepper**. Stir and cook until soft, 5-6 mins. **TIP: Don't worry if they colour slightly, this will just add to the flavour!** Meanwhile, drain and rinse the **kidney beans** in a sieve.



## 5. Bake the Chips

Place the **chips** on a baking tray in a single layer and drizzle over some **oil**. Season with **salt** and **pepper**. Bake on the top shelf of your oven until golden, 4-5 mins. **TIP: Keep an eye on them to make sure they don't burn!**



## 3. Cook the Chilli

Once the **veg** are soft, add the **sausage meat**. Cook until browned, 5-6 mins, using a spoon to break it up as it cooks. **IMPORTANT: The sausage meat is cooked when it is no longer pink in the middle.** Season with **salt** and **pepper**. Add the **garlic**, **chilli** (add as much or as little as you like), **smoked paprika** and **ground cumin**. Cook for 1 minute more. Pour in the **finely chopped tomatoes**, **water** (see ingredients for amount) and **kidney beans**. Stir in the **red wine stock pot** to dissolve. Simmer until thick, 10-12 mins.



## 6. Season and Serve

Taste the **chilli** and add more **salt** and **pepper** if necessary. Serve the **sausage chilli** in bowls with a spoonful of **yoghurt** on top and a sprinkling of **chives**. Place the **tortilla chips** on the side of the bowl (for scooping purposes).

**Enjoy!**