



Spicy Sausage Chilli with Homemade Tortilla Chips

Classic 35 Minutes • Medium Spice • 2 of your 5 a day

Nº 5



Leek



Garlic Clove



Bell Pepper



Chives



Red Chilli



Natural Yoghurt



Kidney Beans



Pork Sausage Meat



Smoked Paprika



Ground Cumin



Finely Chopped Tomatoes



Red Wine Stock Paste



Wholewheat Tortilla

Before you start

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

Cooking tools, you will need:

Frying Pan, Wooden Spoon, Garlic Press, Sieve, Measuring Jug, Baking Tray, Bowl.

Ingredients

	2P	3P	4P
Leek**	1	1	2
Garlic Clove	1	2	2
Bell 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 sachet	1 sachet	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Wholewheat Tortilla 13)	2	3	4
Natural Yoghurt 7)**	75g	120g	150g

*Not Included **Store in the Fridge***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	705g	100g
Energy (kJ/kcal)	2721 /650	386 /92
Fat (g)	26	4
Sat. Fat (g)	9	1
Carbohydrate (g)	64	9
Sugars (g)	23	3
Protein (g)	35	5
Salt (g)	4.77	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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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.



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.



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:** Wash your hands and equipment after handling raw meat. 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. **IMPORTANT:** The sausage meat is cooked when it's no longer pink in the middle.



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!).



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!



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 **yogurt** on top and a sprinkling of **chives**. Place the **tortilla chips** on the side of the bowl (for scooping purposes).

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.