

One-pot Black Bean and Quinoa Chilli

with Avocado and Nachos

hellóchef

Fun fact: Quinoa is botanically more closely related to spinach than rice and wheat.

Cals 917 • Prot 29 • Carbs 133 • Fat 32

Vegan

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🕒 cook: 30 min

R3191



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chilli	2 ppl	3 ppl	4 ppl	
Black beans	240	240	480	Grams
Sweet corn kernels	122	122	244	Grams
White quinoa	100	150	200	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Red pepper	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	30	50	70	Grams
Fajita seasoning	10	15	20	Grams
Chipotle powder	2	2	4	Grams
Chopped tomatoes	400	400	800	Grams
Water	200	450	400	ML
Vegetable stock cube	15*			
Marmite	11*, 15*			
	8	16	16	Grams
Toppings				
Fresh coriander	15	15	15	Grams
Avocado	1	2	2	Piece
Lime	1	2	2	Piece
Salt	0.5	0.5	1	Tsp
Nachos	80	120	160	Grams

Allergens

*15 Celery, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3840 / 917
Fat (g)	32.3
of which saturates (g)	4.5
Carbohydrate (g)	133
of which sugars (g)	20.6
Fiber (g)	28.4
Protein (g)	29.4
Salt (g)	2.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Drain the **black beans** and **sweet corn**. Rinse the **quinoa**. Peel and finely chop the **onion**. Peel and mince the **garlic**. Chop the bell **pepper**. Chop the **coriander** leaves.

Tip! Washing quinoa with warm water before draining it, removes the bitter-tasting saponins from its surface.



2 Start

Heat a pot over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **pepper** with a pinch of **salt** and cook for 5-6 min until softened. Add the **garlic**, **tomato paste**, **fajita seasoning** and a pinch of **chipotle (spicy!)** and cook for 1 min further.



3 Simmer

Add the **quinoa**, **chopped tomatoes**, **measured water**, **stock cube**, **marmite**, drained **beans** and **corn** to the pot. Reduce the heat, cover and simmer for 25 min until the **quinoa** has absorbed the water. Stir occasionally.



4 Avocado

Meanwhile, slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Add it to a bowl. Add a squeeze of **lime** juice. Mash with a fork until smooth. Alternatively, use a food processor or blender to get it really smooth. Season with plenty of **salt**.



5 Serve

Once ready, stir most of the **coriander** through the **chilli** (reserve some for garnish!). Divide the **chilli** among bowls and top with a dollop of **avocado** and a sprinkle of **coriander** leaves. Serve the **nachos** to the side.