

Chilli sin Carne

with Butternut Squash and Avocado

hellóchef

Chilli 'sin' Carne simply means chilli without meat!

Cals 1036 • Prot 29 • Carbs 129 • Fat 50

Vegetarian

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🕒 cook: 60 min

R3571

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	
Red onion	1	1	2	Piece
Garlic cloves	3	4	6	Piece
Carrot	1	1	2	Piece
Butternut squash	600	900	1200	Grams
Black beans	240	240	480	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Fajita seasoning	5	10	10	Grams
Smoked paprika powder	2	2	4	Grams
Cumin powder	2	2	4	Grams
Chipotle powder	2	2	4	Grams
Chopped tomatoes	400	800	800	Grams
Vegetable stock cube 15*	1	2	2	Piece
Water	300	400	600	ML
Dried oregano	2	2	4	Grams
Brown sugar	10	15	20	Grams
Red pepper	1	2	2	Piece
To serve				
Fresh coriander	15	15	15	Grams
Avocado	1	2	2	Piece
Lime	1	2	2	Piece
Tortilla chips	80	120	160	Grams
Sour cream 4*	60	90	120	Grams
Grated cheddar 4*	60	90	120	Grams

Allergens

*15 Celery, *4 Milk

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)	4337 / 1036
Fat (g)	50.2
of which saturates (g)	17.5
Carbohydrate (g)	129
of which sugars (g)	31.4
Fiber (g)	32.5
Protein (g)	28.9
Salt (g)	2.3

*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

Peel and finely chop the **onion** and **garlic**. De-seed and roughly chop the **pepper**. Peel and chop the **carrots** into small pieces. Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds. Chop the **squash** into bite size pieces. Drain and rinse the **black beans**.

Tip! Hate waste? Roast the butternut squash seeds with a little olive oil and salt – they make a delicious snack!



4 Prep garnish

Meanwhile, roughly chop the **coriander** leaves. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it.



2 Fry

Heat a large pot over a medium-high heat with a drizzle of **oil**. Add the **onions, peppers** and **carrot** with a pinch of **salt** and fry for 5 min. Once the **onions** have softened, add the **garlic, fajita seasoning (spicy!), smoked paprika, cumin** and **chipotle (spicy!)**. Fry for 1 min further.

Tip! Sensitive to spice? Adjust the amount of chipotle to your liking.



5 Blend

After 25 min, remove a small portion of the **chilli** (roughly {1/1/2} cups) and transfer it to a blender. Blitz until smooth, then return it to the **chilli** (see pro tip!). Alternatively, use a hand-held blender to blend a small amount of the **chilli**.

Tip! Blending a small portion of the chilli and returning it to the pot makes it look and taste like a chilli that has been cooking all morning!



3 Simmer

Add the **butternut squash, chopped tomatoes, vegetable stock cube, measured water, dried oregano, sugar** and **black beans**. Bring to a boil. Once boiling, cover with a lid and reduce the heat to medium-low. Simmer, stirring occasionally, for 25-30 min or until the **butternut squash** is tender.

Tip! Cooking time can vary depending on the size of your squash pieces! The butternut squash is done when you can easily pierce it with a fork, but it doesn't fall apart.



6 Serve

Once ready, stir half of the **coriander** through the chilli along with a generous squeeze of **lime** juice. Season with **salt** to taste. Divide amongst bowls and serve with the **tortilla chips, fresh avocado, sour cream, grated cheddar** and remaining **coriander**.