







More Than Food  
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## Spicy Sausage Chilli with Homemade Tortilla Chips

At the HelloFresh Farm, we like to pack as much flavour as possible into our dishes, in as short a time scale as we can. Our trick in achieving this is to use sausage meat already packed with delicious ingredients. This little trick gives you the best tasting dish in minimal time! You are welcome!



35 mins



4 of your  
5 a day



Leek (2)



Garlic Clove (2)



Red pepper (2)



Chives (1 bunch)



Spicy Sausage (8)



Kidney Beans  
(2 tins)



Smoked Paprika  
(1 tbsp)



Ground Cumin  
(1 tbsp)



Chopped Tomatoes  
(2 tins)



Beef Stock Pot  
(2)



Wholemeal Tortilla  
(4)



Natural Yoghurt  
(2 pots)

## 4 PEOPLE INGREDIENTS

- Leek, sliced **2**
- Garlic Clove, grated **2**
- Red Pepper, chopped **2**
- Chives, chopped **1 bunch**
- Spicy Sausage **8**
- Kidney Beans **2 tins**
- Smoked Paprika **1 tbsp**
- Ground Cumin **1 tbsp**
- Chopped Tomatoes **2 tins**
- Beef Stock Pot **2**
- Wholemeal Tortilla **4**
- Natural Yoghurt **2 pots**

**Allergens:** Sulphites, Gluten, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	696 kcal / 2917 kJ	27 g	7 g	64 g	14 g	43 g	4 g
<b>Per 100g</b>	107 kcal / 446 kJ	4 g	1 g	10 g	2 g	7 g	1 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Some zoos mix paprika into the flamingo feed to help them maintain their beautiful pink feathers!

**Beef Stock Pot:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

1



**1** Pre-heat your oven to 200 degrees. Remove the dark green top and the bottom root from the **leek**. Cut in half lengthways, then slice into thin half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Remove the core from the **red pepper** and chop into small 1cm chunks. Chop the **chives** into ½cm pieces. **Tip:** Use scissors to do this if you want!

3



**2** Put a large frying pan on medium-high heat and drizzle in some **oil**. Add your **leek** and **pepper** and cook for 5 mins until softened. **Tip:** Don't worry if they colour slightly, this will just add to the flavour!

**3** While your veggies are cooking, remove the **sausage meat** from its skin (discard the skin) and drain and rinse the **kidney beans**.

4



**4** Once your **leek** and **pepper** are soft, add your **sausage meat** to the pan. Cook for 5 mins, use a spoon to break it up while it cooks. Once your **sausage meat** has cooked for 5 mins and is browned, add a good pinch of **salt** and a grind of **black pepper**. Add in your **garlic**, **smoked paprika** and **ground cumin**. Mix together and cook for 1 minute more.

**5** Pour the **chopped tomatoes** into the pan. Refill your tin(s) a quarter with water and add to the pan as well. Add the **beef stock pot** and stir until dissolved, then add your **kidney beans**. Stir together and cook for 10-12 mins, until your chilli is thick and tomatoey.

6



**6** While your chilli cooks, make your **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!).

**7** Place your **chips** on a large baking tray in a single layer and drizzle over some **olive oil**. Sprinkle over a pinch of **salt** and a grind of **black pepper** and pop in your oven for 4-5 mins. **Tip:** Keep an eye on them to make sure they don't burn!

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!