



MARLEY SPOON



Black Bean and Vegetable Chilli

 30-40min  2 Portions

Mushrooms have not only been used throughout history, they are also very low in kilojoules and low fat. They're a good source of polyphenols, polysaccharides, vitamins, minerals and fibre. Several studies show they have antioxidant, anti-inflammatory and anti-cancer properties. They're also a great substitute for meat for vegetarians as they are a good source of iron.

What we send

- button mushrooms
- black beans
- Greek-style yoghurt ⁷
- spice mix
- green capsicum
- coriander, 2 garlic cloves
- wholemeal pita ¹
- onion
- chopped tomatoes

What you'll require

- olive oil
- salt and pepper
- sugar

Utensils

- chargrill or frypan
 - Colander
 - large saucepan
 - paper towel
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 600.0kcal, Fat 12.3g, Proteins 31.0g, Carbs 83.7g



1. Prepare vegetables

Finely chop the **onion** and **garlic**. Discard **capsicum** seeds and membranes and finely chop. Coarsely chop the **coriander** (including stems), reserving a few leaves for garnish.



2. Start cooking

Heat 1 tbs **oil** in a large saucepan over medium heat. Cook the **onion**, **garlic**, **capsicum** and **hot spice mix** for 5 mins or until softened.



3. Prepare beans

Meanwhile drain and rinse the **beans**. Shake dry.



4. Make sauce

Add the **beans** to the **onion mixture** with the **chopped tomatoes**, ½ tsp **sugar** and a pinch **salt**. Bring to the boil, cover and cook over low heat for 10 mins or until flavours have infused and liquid is slightly reduced.



5. Add mushrooms

Meanwhile, using damp paper towel, wipe the **mushrooms** clean of any dirt. Trim the stalks and cut into halves or quarters, depending on size. Stir into the **sauce** along with the chopped **coriander** and cook for final 8-10 mins.



6. Chargrill bread

Meanwhile, heat a chargrill pan over high heat. Cut the **flatbread** into triangles and chargrill the bread until lightly charred. Spoon **chilli** into bowls and serve with **coriander** leaves, flatbreads and **yoghurt**.