



Veggie Packed Chilli with Rice

Rapid 20 Minutes • Medium Spice • 2.5 of your 5 a day

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Red Onion



Green Pepper



Coriander



Black Beans



Basmati Rice



Mexican Spice



Tomato Purée



Vegetable Stock Powder



Finely Chopped Tomatoes with Onion and Garlic



BBQ Sauce



Soured Cream



Lime



Baby Spinach



Beef Mince



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Cooking tools, you will need:

Two Saucepans, Colander and Sieve.

Ingredients

	2P	3P	4P
Red Onion**	1	1	1
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Black Beans	1 carton	1½ cartons	2 cartons
Basmati Rice	150g	225g	300g
Beef Mince**	120g	240g	240g
Mexican Spice	1 sachet	2 sachets	2 sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets
Soured Cream 7) **	75g	100g	150g
Lime**	½	1	1
Baby Spinach**	1 small bag	1 large bag	2 small bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	678g	100g
Energy (kJ/kcal)	2655 /635	392 /94
Fat (g)	10	2
Sat. Fat (g)	5	1
Carbohydrate (g)	108	17
Sugars (g)	27	4
Protein (g)	21	3
Salt (g)	3.70	0.55
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	738g	100g
Energy (kJ/kcal)	3184 /761	432 /103
Fat (g)	19	3
Sat. Fat (g)	9	1
Carbohydrate (g)	108	15
Sugars (g)	27	4
Protein (g)	31	4
Salt (g)	3.74	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **13)** Gluten

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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Prep the Veg

a) Bring a medium saucepan of **water** to the boil with 0.25 tsp of **salt**.

b) Halve, peel and thinly slice the **red onion**.

c) Halve the **green pepper**, remove and discard the core. Chop into small chunks.

d) Roughly chop the **coriander** (stalks and all), drain and rinse the **black beans** in a colander.



Simmer the Chilli

a) Add the **Mexican Spice mix** and **tomato purée**. Cook, stirring, for 1 min.

b) Stir in the **veg stock powder**, **finely chopped tomatoes with onion and garlic**, **bbq sauce** and **black beans**. Add a pinch of **sugar** if you have some.

c) Bring to the boil, stir to dissolve the **stock powder**, lower the heat and simmer until thickened, 5-6 mins.



Cook the Rice

a) When the **water** is boiling, add the **rice** and cook for 12 mins.

b) Once cooked, drain in a sieve, cover with a lid and set aside.



Make the Cream

a) Meanwhile, put the **soured cream** in a small bowl.

b) Grate in the **lime zest**, mix well and season to taste with **salt** and **pepper**.

c) Chop the **lime** into wedges.



Start the Chilli

a) Meanwhile, heat a splash of **oil** in a large saucepan on medium-high heat. Add the **red onion**, cook, stirring occasionally until starting to soften, 2 mins. Add the **pepper** and cook, stirring occasionally, for another 3 mins.



CUSTOM RECIPE

If you've added **beef mince** to your meal, heat a splash of **oil** in a large saucepan on medium-high heat as instructed in the step above. Before you cook the **veg**, add the **beef mince** to the pan, season with **salt** and **pepper**. Cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Add the **onion** and cook as stated in the step above. Continue with the recipe as instructed.



Serve

a) Stir the **spinach** through the **chilli**, one handful at a time, until wilted, 2-3 mins. Season the **chilli** to taste with **salt** and **pepper**. Add a splash of **water** to loosen if you like.

c) Serve the **rice** in bowls topped with the **veggie chilli**. Add a drizzle of the **zesty soured cream** and a sprinkle of **coriander**.

e) Finish with the **lime wedges** for squeezing over.

Enjoy!