

Dinner: Chilli Con Carne with Zesty Soured Cream

Lunch: Cheesy Chilli & Sweetcorn Burrito

Dinner to Lunch • 45 Minutes • Little Spice • 5 of your 5 a day

Dinner



	Basmati Rice		Beef Mince
	Bell Pepper		Carrot
	Mexican Style Spice Mix		Finely Chopped Tomatoes with Onion and Garlic
	Tomato Passata		Red Wine Stock Paste
	Lime		Soured Cream
	Sweetcorn		Cheddar Cheese
	Whole Wheat Tortilla		Rocket

Lunch

Before you start Cooking tools, you will need:

Saucepans with Lid, Frying Pan, Wooden Spoon, Zester, Bowl, Sieve, Grater, Aluminium Foil.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Beef Mince**	360g	480g	600g
Bell Pepper***	2	3	4
Carrot**	2	3	4
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Beef*	100ml	150ml	200ml
Finely Chopped Tomatoes with Onion and Garlic**	1 carton	1½ cartons	2 cartons
Tomato Passata**	1 carton	1 carton	1 carton
Red Wine Stock 14)	1 sachet	1½ sachets	2 sachets
Lime**	1	1	1
Soured Cream** 7)	150g	225g	300g
Sweetcorn**	150g	150g	150g
Cheddar Cheese** 7)	30g	30g	30g
Whole Wheat Tortilla** 13)	4	4	4
Rocket**	20g	20g	20g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	3066 /712	552 /128
Fat (g)	30	5
Sat. Fat (g)	4	1
Carbohydrate (g)	87	16
Sugars (g)	19	3
Protein (g)	28	5
Salt (g)	2.42	0.44

Lunch	Per serving	Per 100g
for uncooked ingredient	814g	100g
Energy (kJ/kcal)	2914 /523	358 /64
Fat (g)	54	7
Sat. Fat (g)	12	1
Carbohydrate (g)	15	2
Sugars (g)	23	3
Protein (g)	20	2
Salt (g)	3.73	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

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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Cook the Rice

Pour the cold **water for the rice** (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and **¼ tsp of salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

Prep

While the **rice** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Meanwhile, halve the **peppers** and discard the core and seeds. Chop into small pieces. Trim the **carrots** then quarter lengthways (no need to peel). Chop widthways into small pieces.

Cook the Chilli

Stir the **Mexican style spice mix** into the **mince** along with the **chopped veggies**. Cook, stirring, until the **veggies** start to soften, 4-5 mins. Then, pour in the **water for the beef** (see ingredients for amount), **chopped tomatoes, passata** and **red wine stock paste**. Stir and bring to the boil, then reduce the heat and simmer until the mixture is thick and the **mince** and **veg** are cooked, 15-20 mins, stirring occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Zest it Up

Meanwhile, zest the **lime** then chop into wedges. Pop the **soured cream** in a bowl and stir in the **lime zest**. Season with a pinch of **salt** and **pepper**.



Serve

When ready to serve, fluff up the **rice** with a fork and divide between bowls. Season the **beef chilli** with **salt** and **pepper** if needed. Reserve 2 portions of the **chilli** - this is for your lunch **burrito**. Serve the **remaining chilli** on top of the **rice** and finish with a dollop of **zesty soured cream** (reserve half for your burritos) and the **lime wedges** for squeezing over. Dinner is served.



Prep your Lunch

When you're ready to pack lunch, drain the **sweetcorn** in a sieve, then stir it into the **reserved chilli**. Grate the **cheese**. Lay the **tortillas** onto a board and spread with the **reserved soured cream**. Top with the **rocket**, the **chilli** and then the **cheese**. Tuck in the ends and roll into a **burrito**. Wrap in foil and refrigerate. Enjoy cold, or alternative heat up in a microwave until piping hot. **TIP:** Roll your burrito just before eating for maximum freshness.

Enjoy!

