



MILD SAUSAGE CHILLI

with Homemade Tortilla Chips



HELLO CHIVES

They are the most delicate member of the onion family. Use something sharp to cut them or they'll bruise.



Water for the Rice



Basmati Rice



Red Pepper



Chives



Cheddar Cheese



Red Chilli



Pork Sausage



Kidney Beans



Whole Wheat Soft Tortilla



Smoked Paprika



Diced Tomatoes with Garlic & Onion



Chicken Stock Pot



Water for the Chilli



Sour Cream

40 mins

Family Box

2.5 of your 5 a day

Little Heat

Here at the Fresh Farm we're big fans of beans. They're delicious but also a good source of fibre and protein. However, we're aware that not all children feel quite so positively about pulses. So, for today's chilli recipe we're only adding them at the end. Leave them out for those who don't approve. Who says you can't please all the people, all the time?

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Coarse Grater**, **Colander**, **Frying Pan**, **Baking Tray** and **Baking Paper**. Now, let's get cooking!



1 COOK THE RICE

Preheat your oven to 220°C. Pour the **water** (amount specified in the ingredient list) into a large saucepan and bring to the boil. Add the **rice**, stir and cover with a lid. Reduce the heat to medium and cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** *The rice will finish cooking in its own steam and stay nice and warm whilst you get on with everything else.*



2 DO THE PREP

Halve, then remove the core from the **red pepper** and chop into 1cm chunks. Finely chop the **chives** (or use scissors if you like!). Grate the **cheddar cheese**. Halve the **red chilli** lengthways, deseed and finely slice. **★ TIP:** *Leave the chilli out if you don't like heat.* Slice open the **sausage**, remove the **meat** and put to one side. Drain and rinse the **kidney beans** in a colander. Cut each **tortilla** into eight triangles.



3 START THE CHILLI

Put a drizzle of **oil** in a frying pan over medium heat. Once hot, add the **sausage meat** and cook until browned, 5 mins. Use a wooden spoon to break it up while it cooks. Season with **salt** and **black pepper**. Add the **red pepper** to the pan and cook, stirring, until it starts to soften, another 5 mins.



4 SIMMER THE CHILLI

Add the **smoked paprika**, **diced tomatoes with onion and garlic**, **chicken stock pot** and **water** (amount specified in the ingredient list) to the pan. Stir to dissolve the **stock pot**. Bring to the boil, reduce the heat and simmer until thickened, 10-12 mins.



5 BAKE THE CHIPS

Place the **tortilla** triangles on a lined baking tray in a single layer and drizzle over a little **oil**. Season with **salt** and **black pepper**. Pop on the top shelf of your oven and bake until golden and crisp, 4-5 mins. **★ TIP:** *Keep an eye on them to make sure they don't burn!* Meanwhile, put the **sour cream** in a small bowl and stir in half the **chives**. **★ TIP:** *If the kids aren't so keen on chives, leave half of the sour cream plain.*



6 FINISH AND SERVE

Taste the **chilli** and add more **salt** and **black pepper** if needed. Add the **kidney beans** and bring back to a simmer. **★ TIP:** *If there are bean-haters, keep some without.* Serve the **rice** and **chilli** in bowls with a dollop of **sour cream**, a sprinkling of the remaining **chives** and some sliced **red chilli** (for the adults). Sprinkle over the **cheese** and add some **tortilla** chips for scooping purposes. **Enjoy!**

4 PEOPLE INGREDIENTS

Water for the Rice*	600ml
Basmati Rice	300g
Red Pepper, chopped	2
Chives, chopped	1 bunch
Cheddar Cheese, grated 7)	60g
Red Chilli, sliced	½
Pork Sausage 12)	500g
Kidney Beans	1 tin
Whole Wheat Soft Tortilla 1)	4
Smoked Paprika	1½ tsp
Diced Tomatoes with Garlic & Onion	1 carton
Chicken Stock Pot	1
Water for the Chilli*	100ml
Sour Cream 7)	1 pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	939	168
(kJ)	3935	702
Fat (g)	42	7
Sat. Fat (g)	17	3
Carbohydrate (g)	97	17
Sugars (g)	14	2
Protein (g)	38	7
Salt (g)	4.62	0.82

ALLERGENS

1)Gluten 7)Milk 12)Sulphites

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

👍 THUMBS UP OR THUMBS DOWN?

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