



SMOKEY MILD CHORIZO & BEAN CHILLI

with Avocado Crema & Rice



Use chorizo in a chilli



Hands-on: 30 mins
Ready in: 35 mins

Oops, we've done it again – put a clever twist on a weekday favourite to bring you something new and exciting, with flavours we know you love! Our latest chilli creation is a mix of chorizo, red kidney beans, corn and avocado with the irresistible flavour of our All-American spice blend.



Basmati Rice



Brown Onion



Garlic



Baby Spinach Leaves



Spring Onion



Lime



Mild Chorizo



Carrot



Cheddar Cheese



Sweetcorn



Red Kidney Beans



All-American Spice Blend



Tomato Paste



Beef Stock



Avocado



Greek Yoghurt

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **large frying pan**



1 COOK THE RICE

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** The rice will finish cooking in its own steam so don't peek!



2 GET PREPPED

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **baby spinach leaves**. Thinly slice the **spring onion**. Slice the **lime** into wedges. Cut the **mild chorizo** into small chunks. Grate the **carrot** (unpeeled). Grate the **Cheddar cheese**. Drain the **sweetcorn**. Drain and rinse the **red kidney beans**.



3 START THE CHILLI

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **chorizo** and cook until browned, **6 minutes**. Add the **onion** and cook, stirring, until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **All-American spice blend (see ingredients list)** and cook until fragrant, **1 minute**. **TIP:** Add all of the spice blend if you're not sensitive to heat. Add the **carrot**, **sweetcorn** and **red kidney beans** and cook until softened, **2-3 minutes**.



4 FINISH THE CHILLI

Add the **tomato paste (see ingredients list)**, **water (for the sauce)** and **1 crumbled beef stock cube** to the pan. Mix well, then reduce the heat to medium-low and simmer until slightly thickened, **10-12 minutes**. Add the **baby spinach** and stir until wilted. Add a **dash of water** to loosen the sauce if necessary.



5 MAKE THE AVOCADO CREMA

While the chilli is cooking, slice the **avocado** in half and scoop the flesh into a small bowl. Add a **generous squeeze** of **lime juice**. Season with **salt** and **pepper** and mash with a fork to combine. Add the **Greek yoghurt** and stir to combine. **TIP:** For a smoother crema, use a food processor or stick blender.

6 SERVE UP

Divide the basmati rice and mild chorizo and bean chilli between bowls. Top with the avocado crema and grated Cheddar cheese. Sprinkle the adults' portions with spring onion. Serve with any remaining lime wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

4-5P	refer to method
olive oil*	
water* (for the rice)	3 cups
basmati rice	2 packets
brown onion	1
garlic	2 cloves
baby spinach leaves	1 bag (60 g)
spring onion	1 bunch
lime	1
mild chorizo	2 packets (400 g)
carrot	2
Cheddar cheese	1 block (100 g)
sweetcorn	1 tin (300 g)
red kidney beans	1 tin
All-American spice blend	1½ sachets
tomato paste	1 ½ tins
water* (for the sauce)	1¼ cups
beef stock	1 cube
avocado	1
Greek yoghurt	1 packet (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3910kJ (933Cal)	677kJ (162Cal)
Protein (g)	40.1g	7.0g
Fat, total (g)	43.0g	7.5g
- saturated (g)	17.8g	3.1g
Carbohydrate (g)	89.1g	15.1g
- sugars (g)	18.0g	3.1g
Sodium (g)	2530mg	439mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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