



# Speedy Veggie Beany Stew

with Easy Rice, Cheese and Zesty Soured Cream

Family 20 Minutes • 4 of your 5 a day

11



Basmati Rice



Red Onion



Green Pepper



Garlic Clove



Cheddar Cheese



Mixed Beans



Smoked Paprika



Ground Cumin



Tomato Puree



Worcester Sauce



Vegetable Stock Paste



Whole Peeled Tomatoes



Soured Cream



Lime



Baby Spinach

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan with Lid, Sieve, Garlic Press, Grater and Bowl.

## Ingredients

|                            | 2P       | 3P         | 4P        |
|----------------------------|----------|------------|-----------|
| Basmati Rice               | 150g     | 225g       | 300g      |
| Red Onion**                | 1        | 1          | 1         |
| Green Pepper**             | 1        | 2          | 2         |
| Garlic Clove**             | 1        | 2          | 2         |
| Mature Cheddar Cheese** 7) | 30g      | 45g        | 60g       |
| Mixed Beans                | 1 carton | 1½ cartons | 2 cartons |
| Smoked Paprika             | 1 sachet | 1 sachet   | 2 sachets |
| Ground Cumin               | 1 sachet | 1 sachet   | 2 sachets |
| Tomato Puree               | 1 sachet | 1 sachet   | 2 sachets |
| Worcester Sauce 13)        | ½ sachet | ¾ sachet   | 1 sachet  |
| Vegetable Stock Paste 10)  | 10g      | 15g        | 20g       |
| Whole Peeled Tomatoes**    | 1 carton | 1½ cartons | 2 cartons |
| Sugar for the Sauce*       | 1 tsp    | 1½ tsp     | 2 tsp     |
| Soured Cream** 7)          | 75g      | 120g       | 150g      |
| Lime**                     | ½        | 1          | 1         |
| Baby Spinach**             | 100g     | 150g       | 150g      |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 728g        | 100g     |
| Energy (kJ/kcal)        | 2691/643    | 370/88   |
| Fat (g)                 | 16          | 2        |
| Sat. Fat (g)            | 8           | 1        |
| Carbohydrate (g)        | 94          | 13       |
| Sugars (g)              | 19          | 3        |
| Protein (g)             | 27          | 4        |
| Salt (g)                | 1.79        | 0.25     |

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, Soy, Gluten & Sulphites.

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## Cook the Rice

**a)** Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **rice**.

**b)** When boiling, add the **rice**, stir through and cook for 12 mins.

**c)** Drain in a sieve, pop back into the pan, cover with a lid and leave to the side until ready to serve.



## Add the Flavour

**a)** Add the **smoked paprika**, **ground cumin**, **tomato puree** and **Worcester sauce**. Cook for 30 secs.

**b)** Stir in the **veg stock paste**, **whole peeled tomatoes** and **sugar for the sauce** (see ingredients for amount). Break up the **tomatoes** with a spoon.

**c)** Add the **mixed beans**, bring to the boil then lower the heat and simmer until thickened, 5-6 mins.



## Prep Time

**a)** Meanwhile, halve, peel and thinly slice the **red onion**.

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

**c)** Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

**d)** Drain and rinse the **mixed beans** in a sieve.



## Make Your Zesty Cream

**a)** Meanwhile, pour the **soured cream** into a small bowl.

**b)** Grate in the **lime zest** and add a pinch of **salt** and **pepper**.

**c)** Mix together well.

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



## Start the Stew

**a)** Heat a splash of **oil** in a large saucepan on medium-high heat.

**b)** Add the **red onion** and cook, stirring, for 2 mins.

**c)** Add the **pepper** and cook, stirring, for another 3 mins.



## Serve

**a)** Just before you are ready to serve, stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 2-3 mins.

**b)** Fluff up the **rice** with a fork. Share between your bowls and top with the **veggie stew**, a drizzle of **zesty soured cream** and a sprinkle of **cheese**.

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

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.