



# VEGGIE ARROZ RAPIDO

with Mangetout and Tenderstem®



## HELLO GREEN PEPPER

Peppers are known as capsicum in some parts of the world



Green Pepper



Red Onion



Mangetout



Tenderstem® Broccoli



Coriander



Kidney Beans



Smoked Paprika



Ground Cumin



Tomato Purée



Garlic Purée



Steamed Basmati Rice



Flaked Almonds

MEAL BAG

20 mins

4 of your 5 a day

Medium heat

Rapid recipe

Veggie

Fresh, flavourful and easy to prep, this Veggie Arroz Rapido is the ultimate quick-fix recipe. Packed full of veggies such as tenderstem broccoli, green pepper and mangetout. Flavoured with smoked paprika, cumin, garlic and fresh coriander. Finished with a sprinkling of flaked almonds.

GET PREPARED!

Fill and boil your Kettle.

16

# BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Sieve, Large Frying Pan, Large Saucepan** and **Colander**. Let's start cooking the **Veggie Arroz Rapido with Mangetout and Tenderstem®**.



## 1 PREP TIME!

- Halve the **pepper** and discard the core and seeds. Chop into small pieces.
- Halve, peel and thinly slice the **red onion**.
- Cut the **tenderstem®** in half widthways.
- Roughly chop the **coriander** (stalks and all). Drain and rinse the **kidney beans** in a sieve.



## 2 FRY THE VEGGIES

- Heat a large frying pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **pepper** and **onion**.
- Cook until soft, stirring often, 4-5 mins.
- Meanwhile, pour the boiling **water** from your kettle into a large saucepan and bring back to the boil.



## 3 ADD SOME FLAVOUR

- When the **veggies** have softened, stir in the **smoked paprika, ground cumin, tomato purée** and **garlic purée**.
- Cook until fragrant, 1-2 mins. **★ TIP:** Add a splash of water to stop the spices burning.
- Add the **rice** and **kidney beans** to the pan.
- Stir and cook until piping hot, 3-4 mins.



## 4 COOK THE GREENS

- Meanwhile, when the saucepan of water is boiling, add the **mangetout** and **tenderstem®** and cook until tender, 3 mins.
- Drain in a colander then return to the pan off the heat.
- Season with **salt** and **pepper**.



## 5 SEASON AND SERVE

- In a small bowl, mix the **coriander** with a drizzle of **olive oil**.
- Season the **rice** to taste with **salt** and **pepper**.
- Get ready to serve.



## 6 PLATE UP!

- Share the **rice mixture** between your bowls and top with the **mangetout** and **tenderstem®**.
- Finish with a sprinkling of **flaked almonds** and a drizzle of the **coriander dressing**.

Enjoy!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Green Pepper *	1	1½	2
Red Onion *	1	1	2
Mangetout *	1 small pack	¾ medium pack	1 medium pack
Tenderstem® Broccoli *	1 small pack	1 large pack	2 small packs
Coriander *	1 bunch	1 bunch	1 bunch
Kidney Beans	1 carton	1½ cartons	2 cartons
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Ground Cumin	1 small pot	¾ large pot	1 large pot
Tomato Purée	½ sachet	¾ sachet	1 sachet
Garlic Purée	½ sachet	¾ sachet	1 sachet
Steamed Basmati Rice	1 pack	1½ packs	2 packs
Flaked Almonds 2)	1 small bag	1 large bag	1 large bag

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 527G	PER 100G
Energy (kJ/kcal)	1672 / 400	317 / 76
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	59	11
Sugars (g)	11	2
Protein (g)	20	4
Salt (g)	0.60	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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