



More Than Food

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Black Bean Chili with Brown Rice & Citrus Crème Fraîche

We're a traditional bunch here at the Fresh Farm. Luke has often been known to throw his jacket into a puddle to save a lady's slippers, whilst in spite of his tender years Ed insists on dressing like a man 30 years his senior. That's why we decided to use chipotle, a smoky chilli paste produced by local farmers in the Oaxaca region of Mexico, who use age-old methods to work the land and produce this rich, sweet, spicy concoction. Add bit by bit, it's hot!



35 mins



spicy



gluten free



veggie



Brown Rice



Red Onion



Cumin



Tomato Purée



Organic Chopped Tomatoes



Organic Kidney Beans



Organic Black Beans



Vegetable Stock Pot



Chipotle Paste




Lime



Crème Fraîche

Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Red Onion, sliced	1	2
Cumin	½ tbsp	1 tbsp
Tomato Purée	1 tbsp	2 tbsp
Organic Chopped Tomatoes	1 tin	2 tins
Organic Kidney Beans	½ tin	1 tin
Organic Black Beans	½ tin	1 tin
Vegetable Stock Pot 1	½	1
Chipotle Paste	1 tsp	2 tsp
Lime	½	1
Crème Fraîche 2	1 small pot	1 large pot

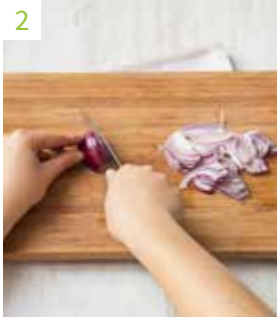
 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | 2) Milk

Nutrition per serving: Calories: 805 kcal | Protein: 28 g | Carbs: 117 g | Fat: 22 g | Saturated Fat: 14 g

2



1 Boil a pot of water with ¼ tsp of salt for your rice. Wash the rice in a sieve under running water for a minute. Boil the rice for 25 mins then drain and put back in the pot. Cover with a tea towel and leave off the heat until ready to serve.

chipotle paste - go carefully, it's hot! Simmer on a low heat for 5-10 mins or until the rice is cooked.

4



2 Peel and cut the onion lengthways through the root. Finely slice the onion into half moon shapes.

7 Meanwhile, zest the lime and mix a pinch of the zest and a little squeeze of the juice into the crème fraîche. **Tip:** *When zesting (i.e. grating) the lime, don't go down to the white part underneath the skin as this tastes bitter.*

6



3 Heat 1 tbsp of olive oil in a frying pan on medium-low heat. Once hot add the onion with ¼ tsp of salt and some pepper. Stir the onions and place a lid on the pan.

8 Serve your chilli with the rice, a good dollop of crème fraîche and a big squeeze of fresh lime juice.

7



4 After 5 mins take the lid off the pan and add the cumin and tomato purée and stir everything together.

5 After 1 minute add the chopped tomatoes and turn the heat to medium. **Tip:** *If you have any sugar in the cupboard add ½ tsp now.*

6 Drain and rinse the kidney beans and the black beans. Add half a tin each of kidney beans and black beans to the pan. Add half the stock pot. Lastly add the

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!