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Mixed Bean Chilli with Herbed Pork and Brown Rice

Sausage meat in a chilli?! Yes, you read it right! It may be slightly crazy but we assure you the delicious sausage meat from Roaming Roosters is an amazing meaty alternative to beef mince. Enjoy!



30 mins



gluten free



spicy



Brown Rice (1 cup)



Red Onion (1/2)



Pork Sausage (1)



Cumin (1 1/2 tsp)



Organic Chopped Tomatoes(1)



Organic Mixed Beans (1/2 tin)



Tomato Purée (1 tbsp)



Vegetable Stock Pot (1/2)



Chipotle Paste (1/2 tbsp)



Lime (1/2)




Sour Cream (1/2 pot)

Ingredients

2 PEOPLE ALLERGENS

Brown Rice	1 cup	
Red Onion, sliced	½	
Pork Sausage	1	Sulphites
Cumin	1½ tsp	
Organic Chopped Tomatoes	1 tin	
Organic Mixed Beans	½ tin	
Tomato Purée	1 tbsp	
Vegetable Stock Pot	½	Celery
Chipotle Paste	½ tbsp	
Lime	½	
Sour Cream	½ pot	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Historically, sour cream was prepared by putting a container of regular cream on the back of a stove until the cream became acidic and thick... i.e. sour!

Nutrition per serving: Calories: 555 kcal | Protein: 24 g | Carbs: 82 g | Fat: 12 g | Saturated Fat: 4 g

2



1 Boil a pot of **water** with ¼ tsp of **salt** for the **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 pan. Cover with a tea towel and leave off the heat until the chilli is cooked.

2 Peel and cut the **onion** lengthways through the root. Finely slice half the **onion**.

3 Heat 2 tsp of **olive oil** in a frying pan on medium-high heat. Once hot, open the **sausage** and remove the meat. Discard the skins and cook the **sausage** meat until browned off. **Tip:** Break it up with a fork as you go and keep to the side once cooked.

4 Heat 1 tbsp of **olive oil** in a separate 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. After 5 mins, take the lid off the pan and add the **cumin**.

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 **mixed beans** and add them in. Add the **tomato purée** and half **vegetable stock pot**. Lastly, add the **sausage** meat and **chipotle paste** - go carefully, it's hot!

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

8 Serve your chilli with the **rice**, a good dollop of **sour cream** and a big squeeze of fresh **lime** juice.

4



6



7



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