



Chipotle Chilli Con Carne

with Rice and Cheese

Super Quick 15 Minutes • **Medium Spice** • 2 of your 5 a day

8



Red Kidney Beans



Basmati Rice



Beef Mince



Finely Chopped Tomatoes with Onion and Garlic



Chipotle Paste



Red Wine Stock Paste



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Red Wine Stock Paste 14)	28g	42g	56g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	3659 / 874	594 / 142
Fat (g)	25.4	4.1
Sat. Fat (g)	10.9	1.8
Carbohydrate (g)	110.9	18.0
Sugars (g)	19.4	3.1
Protein (g)	54.5	8.8
Salt (g)	5.05	0.82

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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Rice On

- Boil a half-full kettle.
- Meanwhile, drain and rinse the **kidney beans**.
- Pour the **boiled water** into a saucepan with $\frac{1}{4}$ tsp salt on high heat. Boil the **rice**, 10-12 mins.
- Once cooked, drain and pop back in the pan. Cover.



Sauce Time

- Once browned, drain and discard any excess fat from the **beef**.
- Season with **salt** and **pepper**.
- Add the **kidney beans**, **chopped tomatoes**, **chipotle**, **red wine stock paste**, **sugar** (see pantry) and **half** the **cheese**.
- Stir and bring to the boil. Simmer, 2-3 mins.



Get Frying

- Meanwhile, heat a frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince**. Fry, 5-6 mins.
- Use a spoon to break it up. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **chipotle chilli**.
- Sprinkle over the remaining **cheese**.

Enjoy!