



Speedy Veggie Beany Stew

with Easy Rice, Cheese and Soured Cream

17

Quick 20 Minutes • **Medium Spice** • 3 of your 5 a day • Veggie



Basmati Rice



Green Pepper



Mature Cheddar
Cheese



Red Kidney
Beans



Cajun Spice
Mix



Worcester Sauce



Vegetable Stock
Paste



Finely Chopped
Tomatoes with
Onion and Garlic



Soured Cream



Baby Spinach

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, sieve, lid, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Green Pepper**	1	2	2
Mature Cheddar Cheese** 7)	60g	60g	80g
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Worcester Sauce 13)	7g	11g	15g
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Soured Cream** 7)	75g	120g	150g
Baby Spinach**	100g	150g	150g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	659g 3255 /778	100g 494 /118
Fat (g)	21.3	3.2
Sat. Fat (g)	11.7	1.8
Carbohydrate (g)	111.2	16.9
Sugars (g)	20.6	3.1
Protein (g)	36.7	5.6
Salt (g)	4.56	0.69

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

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

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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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Build your Stew

- Add the **Cajun spice mix** (add less if you'd prefer things milder) and **Worcester sauce** to the pan. Cook for 30 secs.
- Stir in the **veg stock paste, chopped tomatoes, sugar** (see pantry for amount) and **kidney beans**.
- Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



Prep Time

- Meanwhile, halve the **green pepper** and discard the core and seeds. Chop into small chunks.
- Grate the **Cheddar cheese**.
- Drain and rinse the **kidney beans** in a sieve.



Mix It Up

- Meanwhile, pop the **soured cream** into a small bowl.
- Add a pinch of **salt** and **pepper**. Mix well.



Fry the Pepper

- Heat a drizzle of **oil** in another large saucepan on medium-high heat.
- Once hot, add the **pepper chunks** and cook, stirring, for 3 mins.



Finish and Serve

- Stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 2-3 mins.
- Fluff up the **rice** with a fork, then share between your bowls.
- Top with the **veggie stew**, a dollop of **soured cream** and a sprinkling of **cheese**.

Enjoy!