

Speedy Veggie Beany Stew

with Basmati Rice, Cheese and Soured Cream

Pride Month Special 20 Minutes • Medium Spice • 4 of your 5 a day



Basmati Rice



Green Pepper



Mature Cheddar Cheese



Mixed Beans



Cajun Spice Mix



Worcester Sauce



Vegetable Stock Paste



Finely Chopped Tomatoes



Soured Cream



Baby Spinach



Diced Chorizo

In collaboration with



This recipe is part of our partnership with akt. By choosing this recipe you're supporting LGBTQ+ young people aged 16-25 in the UK, who are experiencing homelessness or living in a hostile environment*. Find out more at akt.org.uk

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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, frying pan and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|----------|------------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Green Pepper** | 1 | 2 | 2 |
| Mature Cheddar Cheese** 7) | 40g | 60g | 80g |
| Mixed 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 | 1 carton | 1½ cartons | 2 cartons |
| Soured Cream** 7) | 75g | 120g | 150g |
| Baby Spinach** | 40g | 100g | 100g |
| Diced Chorizo** | 90g | 120g | 180g |

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

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 544g | 100g | 589g | 100g |
| Energy (kJ/kcal) | 2611/624 | 480/115 | 3440/822 | 584/140 |
| Fat (g) | 17.4 | 3.2 | 33.7 | 5.7 |
| Sat. Fat (g) | 9.3 | 1.7 | 15.4 | 2.6 |
| Carbohydrate (g) | 91.1 | 16.7 | 92.5 | 15.7 |
| Sugars (g) | 15.5 | 2.9 | 15.8 | 2.7 |
| Protein (g) | 25.1 | 4.6 | 36.3 | 6.2 |
| Salt (g) | 3.17 | 0.58 | 5.75 | 0.98 |

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

*Promotion relates to qualifying recipes only. For each recipe purchased between 3rd May and 28th June, HelloFresh will donate a portion of the proceeds to akt. Total donation will be capped at £10,000. HelloFresh pledges to donate the full £10,000 should the donation pledge not be met at the end of the promotion period. akt registered charity number 1093815.

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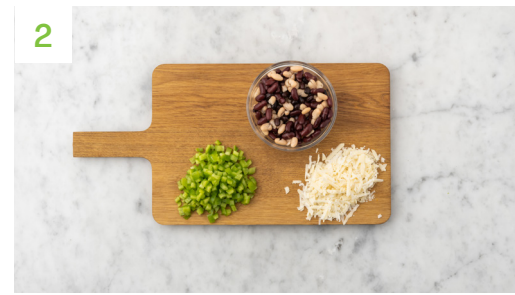
Cook the Rice

- 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 **mixed 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 **mixed 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 a large frying pan on medium-high heat.
- Once hot, add the **pepper chunks** and cook, stirring, for 3 mins.

CUSTOM RECIPE

If you're adding **chorizo**, add it to the pan with the **pepper**. Fry, 3-4 mins, then continue as instructed.



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 sprinkle over the **cheese**.

Enjoy!