



# Speedy Veggie Beany Stew

with Easy Rice, Cheese and Soured Cream

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

19



Basmati Rice



Green Pepper



Mature Cheddar Cheese



Mixed Beans



Cajun Spice Mix



Worcester Sauce



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Baby Spinach



Soured Cream



Riced Cauliflower

### Pantry Items

Oil, Salt, Pepper, Sugar

### Make it Lower Carb

If you chose to make this recipe lower carb, 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 <b>13)</b>	7g	11g	15g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Baby Spinach**	40g	100g	100g
Soured Cream** 7)	75g	120g	150g
Riced Cauliflower**	250g	500g	500g

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	594g	100g
Energy (kJ/kcal)	2685 /642	494 /118	1735 /415	292 /70
Fat (g)	17.4	3.2	18.0	3.0
Sat. Fat (g)	9.3	1.7	9.4	1.6
Carbohydrate (g)	94.4	17.4	36.0	6.1
Sugars (g)	18.6	3.4	21.3	3.6
Protein (g)	25.6	4.7	21.9	3.7
Salt (g)	4.26	0.78	4.27	0.72

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.

## 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.

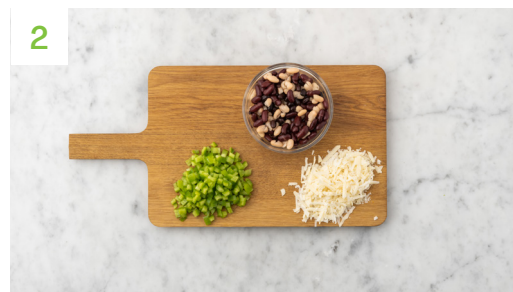
## Make it Lower Carb

If you've chosen the lower carb version, heat a medium frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **riced cauliflower** and cook until just soft, 3-4 mins. Season well with **salt** and **pepper**. Cover to keep warm until serving.



## 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.



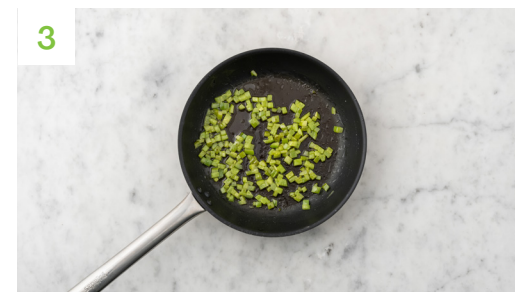
## Prep Time

- 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.



## 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!