



Quick Beef & Bean Chilli

with Basmati Rice and Cheese

Family 20 Minutes • Mild Spice • 1 of your 5 a day

2



Basmati Rice



British Beef Mince



Onion



Garlic Clove



Red Kidney Beans



Mature Cheddar Cheese



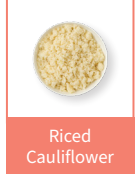
Mexican Style Spice Mix



Tomato Passata



Beef Stock Paste



Riced Cauliflower

Pantry Items
Oil, Salt, Pepper

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, frying pan, garlic press and grater.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
British Beef Mince**	240g	360g	480g
Onion	1	1½	2
Garlic Clove**	1	2	2
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	40g	60g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Riced Cauliflower**	250g	500g	500g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	663g	100g	713g	100g
Energy (kJ/kcal)	3601 / 861	544 / 130	2652 / 634	372 / 89
Fat (g)	28.0	4.2	28.5	4.0
Sat. Fat (g)	12.5	1.9	12.6	1.8
Carbohydrate (g)	103.8	15.7	45.4	6.4
Sugars (g)	12.2	1.8	14.8	2.1
Protein (g)	54.4	8.2	50.7	7.1
Salt (g)	3.04	0.46	3.05	0.43

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

Allergens

7) Milk

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, before you cook the **mince**, heat the frying pan with a drizzle of **oil**. Once hot, add the **riced cauliflower** and cook until just soft, 3-4 mins. Season, remove from the pan and cover until serving.



Add the Veg and Spice

- Add the **onion** and **garlic** to the **mince** and stir-fry for 3 mins.
- Stir in the **Mexican style spice mix**, **passata** and **beef stock paste**.
- Add the **kidney beans** and **water for the sauce** (see pantry for amount), then bring to the boil.



Fry the Beef

- While the **rice** cooks, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
IMPORTANT: Wash your hands and equipment after handling raw mince.



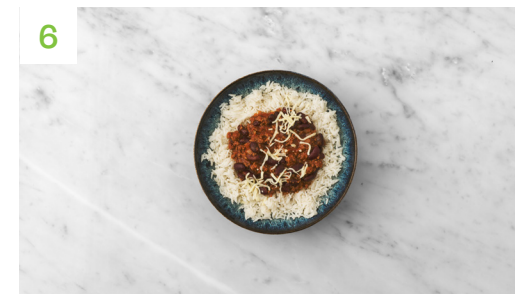
Simmer your Chilli

- Lower the heat to medium and simmer until the **sauce** has thickened, 8-10 mins. Stir occasionally.
IMPORTANT: The mince is cooked when no longer pink in the middle.
- Once thickened, taste the **chilli** and season with **salt** and **pepper** if needed.
- Add a splash of **water** if it's a little thick.



Prep Time

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **kidney beans** in a sieve. Grate the **cheese**.



Serve

- Fluff up the **rice** with a fork and share between your bowls.
- Serve the **chilli** on top and finish with the **grated cheese**.

Enjoy!