



Quick Chilli Con Carne

with Basmati Rice and Cheddar Cheese

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

2



Basmati Rice



British Beef Mince



Bell Pepper



Black Beans



Mexican Style Spice Mix



Finely Chopped Tomatoes



Beef Stock Paste



Mature Cheddar



Diced Chorizo

Pantry Items

Oil, Salt, Pepper

+ Add Diced Chorizo

If you chose to add diced chorizo, then just follow the instructions on the back of this card.

Happy cooking!



On the table in less than 25 minutes, this Quick Chilli Con Carne is quick but still full of flavour. Traditionally hailing from Mexico, this spicy stew contains beef, black beans and a punchy spice mix to bring the heat.

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 and grater.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
British Beef Mince**	240g	360g	480g
Bell Pepper***	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	30g	40g	60g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	670g	100g	715g	100g
Energy (kJ/kcal)	3352 / 801	500 / 120	4180 / 999	585 / 140
Fat (g)	28.0	4.2	44.3	6.2
Sat. Fat (g)	12.4	1.8	18.4	2.6
Carbohydrate (g)	91.8	13.7	93.2	13.0
Sugars (g)	15.0	2.2	15.3	2.1
Protein (g)	49.2	7.3	60.5	8.5
Salt (g)	3.70	0.55	6.29	0.88

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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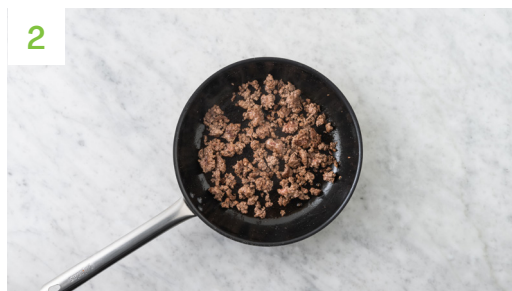
Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **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.



Simmer and Spice

- Add the **sliced pepper** to the **mince**, then stir and cook for 2 mins.
- Stir in the **Mexican style spice mix**, **chopped tomatoes** and **beef stock paste**.
- Add the **black beans** and **water for the sauce** (see pantry for amount) and bring to the boil.
- Lower the heat to medium and simmer, stirring occasionally, until the **sauce** has thickened, 8-10 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

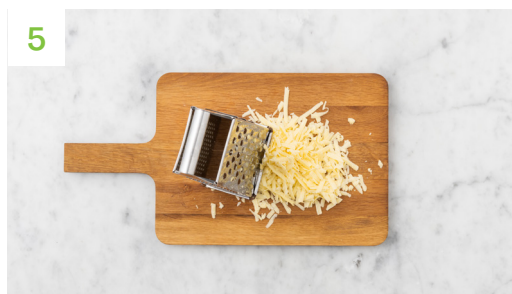


Fry the Beef

- Meanwhile, heat a large frying pan on high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 4-5 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.

+ Add Diced Chorizo

If you're adding **chorizo**, add it to the pan with the **beef mince**. Fry for the same amount of time, then continue as instructed.



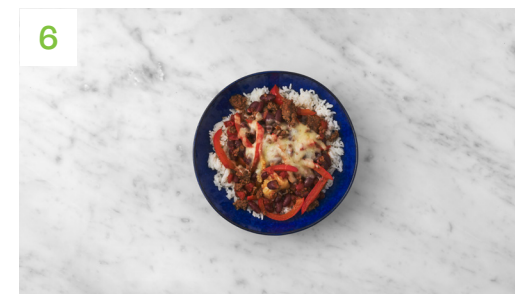
Say Cheese

- Meanwhile, grate the **cheese**.



Get Prepped

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Drain and rinse the **black beans** in a sieve.



Serve

- Once cooked, taste and season the **chilli** with **salt** and **pepper** if needed.
- Fluff up the **rice** with a fork, then share between your bowls.
- Spoon the **chilli** on top, then finish with a sprinkle of **cheese**.

Enjoy!