



Chilli Beef Burrito Bowl

with Rice, Zesty Soured Cream and Salsa

Calorie Smart 30-35 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories

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Basmati Rice



Garlic Clove



Red Kidney Beans



British Beef Mince



Chipotle Paste



Tomato Passata



Beef Stock Paste



Lime



Baby Plum Tomatoes



Soured Cream

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

Saucepan, lid, garlic press, sieve, bowl, frying pan and fine grater.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Red Kidney Beans	½ carton	¾ carton	1 carton
British Beef Mince**	120g	180g	240g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Lime**	½	1	1
Baby Plum Tomatoes	125g	190g	250g
Soured Cream** 7)	50g	75g	100g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Beans*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	652g	100g
Energy (kJ/kcal)	2612 /624	401 /96
Fat (g)	17.4	2.7
Sat. Fat (g)	7.7	1.2
Carbohydrate (g)	90.5	13.9
Sugars (g)	11.6	1.9
Protein (g)	30.5	4.7
Salt (g)	2.10	0.32

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.


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

Contact

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer your Chili

Add the **passata, beef stock paste, kidney beans** (whole and mashed), **sugar** and **water for the beans** (see pantry for both amounts) to the **beef**.

Stir to combine, then bring to the boil and simmer until the **chilli** has reduced and thickened, 4-5 mins.

Stir in a knob of **butter** (if you'd like).



Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **kidney beans** in a sieve. Pop **half** of them into a bowl and mash with the back of a fork.



Prep the Rest

While the **chilli** simmers, zest and cut the **lime** into wedges (see ingredients for amount). Halve the **baby plum tomatoes**.

Add a good squeeze of **lime juice** to a medium bowl and stir in a drizzle of **olive oil**. Season with **salt, pepper** and a pinch of **sugar** (if you have any). Mix together, then stir in the **tomatoes**.

Pop the **soured cream** and **lime zest** into another small bowl. Season with **salt** and **pepper** and mix well.



Brown the Mince

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. It's cooked when no longer pink in the middle.

Stir in the **garlic** and **chipotle paste** (add less if you'd prefer things milder). Cook for 1 min.



Finish and Serve

When everything's ready, stir a squeeze of **lime juice** into the **chilli**. Taste and season with **salt** and **pepper** if needed.

Fluff up the **rice** with a fork and share between your bowls. Spoon over the **chilli**, then top with the **salsa** and **zesty soured cream**.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!