



# Chipotle Bean Chilli

with Easy Rice and Soured Cream

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

19



Avocado



Red Kidney Beans



Basmati Rice



Mexican Style  
Spice Mix



Vegetable Stock  
Paste



Finely Chopped  
Tomatoes with  
Onion and Garlic



Chipotle Paste



Baby Spinach



Soured Cream



Mature Cheddar  
Cheese

### Pantry Items

Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to add or double up on dairy, 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.

## Cooking tools

Kettle, sieve, saucepan, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Avocado	1	2	2
Red Kidney Beans	1 carton	2 cartons	2 cartons
Basmati Rice	150g	225g	300g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Baby Spinach**	40g	60g	80g
Soured Cream** <b>7)</b>	75g	120g	150g
Mature Cheddar Cheese** <b>7)</b>	40g	60g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	543g	100g	563g	100g
Energy (kJ/kcal)	2914 /696	537 /128	3262 /780	580 /139
Fat (g)	25.7	4.7	32.7	5.8
Sat. Fat (g)	8.1	1.5	12.5	2.2
Carbohydrate (g)	92.6	17.1	92.7	16.5
Sugars (g)	15.5	2.8	15.6	2.8
Protein (g)	23.3	4.3	28.3	5.0
Salt (g)	4.16	0.77	4.54	0.81

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

## Allergens

**7) Milk 10) Celery**

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Get Prepped

- Boil a full kettle.
- Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 1cm thick slices.
- Drain and rinse the **kidney beans** in a sieve.

## CUSTOM RECIPE

If you've chosen to add **Cheddar** to your meal, grate it now for serving later on.



## Simmer your Chilli

- Stir in the **veg stock paste, finely chopped tomatoes, chipotle paste and kidney beans** (add less **chipotle** if you prefer things milder). Add a pinch of **sugar** (if you have any).
- Bring to the boil and stir to combine. Lower the heat and simmer until thickened, 5-6 mins.



## Cook the Rice

- When boiling, pour the **water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- When cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Bring on the Spinach

- Once thickened, stir the **spinach** through the **bean chilli**, a handful at a time until wilted and piping hot, 2-3 mins.
- Season to taste with **salt** and **pepper**. Add a splash of **water** to loosen if you'd like.



## Fry the Spices

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Add the **Mexican style spice mix** to your pan. Cook, stirring, for 1 min.



## Serve

- Fluff up the **rice** with a fork, then serve in bowls topped with the **chipotle bean chilli**.
- Top with the **avocado slices** and a spoonful of **soured cream** to finish.

## Enjoy!

## CUSTOM RECIPE

Just before serving, scatter the whole dish with the **grated Cheddar**.