



Chipotle Bean Chilli

with Easy Rice, Cheese and Soured Cream

Rapid Eat Me Early • 20 Minutes • Medium Spice • 2 of your 5 a day

19



Red Kidney Beans



Mature Cheddar Cheese



Basmati Rice



Mexican Style Spice Mix



Vegetable Stock Paste



Finely Chopped Tomatoes



Chipotle Paste



Baby Spinach



Soured Cream



Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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, grater, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Kidney Beans	1 carton	2 cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	40g	60g
Basmati Rice	150g	225g	300g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Baby Spinach**	40g	60g	80g
Soured Cream** 7)	75g	120g	150g
Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	485g	100g	530g	100g
Energy (kJ/kcal)	2538 / 607	524 / 125	3367 / 805	636 / 152
Fat (g)	16.3	3.4	32.6	6.2
Sat. Fat (g)	8.3	1.7	14.3	2.7
Carbohydrate (g)	89.9	18.6	91.3	17.2
Sugars (g)	14.0	2.9	14.3	2.7
Protein (g)	25.1	5.2	36.3	6.9
Salt (g)	3.36	0.69	5.94	1.12

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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Get Prepped

- Boil a full kettle.
- Drain and rinse the **kidney beans** in a sieve.
- Grate the **cheese**.



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.



Spice Time

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

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, heat your frying pan without any oil. Once hot, fry the **chorizo** until browned, 3-4 mins, then add the **Mexican style spice mix** and continue as instructed.



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). Stir through the **sugar** (see pantry for amount).
- Bring to the boil and stir to combine. Lower the heat and simmer until thickened, 5-6 mins.



Bring on the Spinach

- Once thickened, stir the **spinach** through the **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.



Serve

- Fluff up the **rice** with a fork, then serve in bowls topped with the **chipotle bean chilli**.
- Add a spoonful of **soured cream** and sprinkle over the **cheese** to finish.

Enjoy!