



MILD SAUSAGE CHILLI

with Homemade Tortilla Chips



HELLO KIDNEY BEANS

Kidney beans are from the same family as white kidney beans (Cannelloni) and pale green kidney beans (Flageolet).



Basmati Rice



Red Pepper



Cheddar Cheese



Kidney Beans



Whole Wheat Soft Tortilla



Sausage Meat



Smoked Paprika



Diced Tomatoes



Chicken Stock Powder



Soured Cream

MEAL BAG

Hands On: 20 mins
Total: 40 mins

Family Box

2 of your
5 a day

Little heat

Here at the Fresh Farm we're big fans of beans. However, we're aware that not all children feel quite so positively about pulses. So, for today's chilli recipe we're only adding them at the end. Leave them out for those who don't approve. Who says you can't please all of the people, all of the time?



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Coarse Grater**, **Sieve**, **Frying Pan**, some **Baking Paper** and a **Baking Tray**. Now, let's get cooking!



1 COOK THE RICE

Preheat your oven to 220°C. Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



4 SIMMER THE CHILLI

Add the **smoked paprika**, **diced tomatoes**, **stock powder** and **water** for the chilli (see ingredients for amount) to the pan. Stir to dissolve the **stock powder**. Bring to the boil, reduce the heat and simmer until the sauce has thickened and the **sausage meat** is cooked through, 10-12 mins. **IMPORTANT:** The sausage meat is cooked when it is no longer pink in the middle.



2 DO THE PREP

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into small pieces. Grate the **cheddar cheese**. Drain and rinse the **kidney beans** in a sieve. Cut each **tortilla** into eight triangles.



5 BAKE THE CHIPS

Place the **tortilla triangles** on a baking tray in a single layer and drizzle over a little **oil**. Season with **salt** and **pepper**. Pop on the top shelf of your oven and bake until golden and crisp, 4-5 mins. **TIP:** You may need to do this in batches, keep an eye on them to make sure they don't burn!



3 START THE CHILLI

Heat a drizzle of **oil** in a frying pan over medium heat. Once hot, add the **sausage meat** and fry until browned, 5 mins. Use a wooden spoon to break it up while it cooks. Season with **salt** and **pepper**. Add the **red pepper** to the pan and cook, stirring, until it starts to soften, another 5 mins.



6 FINISH AND SERVE

Taste the **chilli** and add more **salt** and **pepper** if needed. Add the **kidney beans** and continue to a simmer until piping hot. **TIP:** If there are any bean-haters, keep some of the chilli bean-free and serve them first. Share the **rice** between your bowls and top with the **chilli**. Finish with a dollop of **soured cream** and sprinkle over the **cheese**. Serve the **tortilla chips** on the side for scooping purposes. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|-------------------------------|---------------|-----------------|----------------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Basmati Rice | 150g | 225g | 300g |
| Red Pepper * | 1 | 1½ | 2 |
| Cheddar Cheese 7) * | 1 small block | 1½ small blocks | 2 small blocks |
| Kidney Beans | 1 carton | 1 carton | 1 carton |
| Whole Wheat Soft Tortilla 13) | 4 | 6 | 8 |
| Sausage Meat 13) 14) * | 280g | 420g | 560g |
| Smoked Paprika | 1 small pot | ¾ large pot | 1 large pot |
| Diced Tomatoes | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Powder | 1 sachet | 1 sachet | 2 sachets |
| Water for the Chilli* | 50ml | 75ml | 100ml |
| Soured Cream 7) * | ¾ pouch | 1 pouch | 1½ pouches |

*Not Included * Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 708G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal) | 4728 / 1130 | 668 / 160 |
| Fat (g) | 47 | 7 |
| Sat. Fat (g) | 20 | 3 |
| Carbohydrate (g) | 124 | 18 |
| Sugars (g) | 14 | 2 |
| Protein (g) | 50 | 7 |
| Salt (g) | 7.25 | 1.03 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH