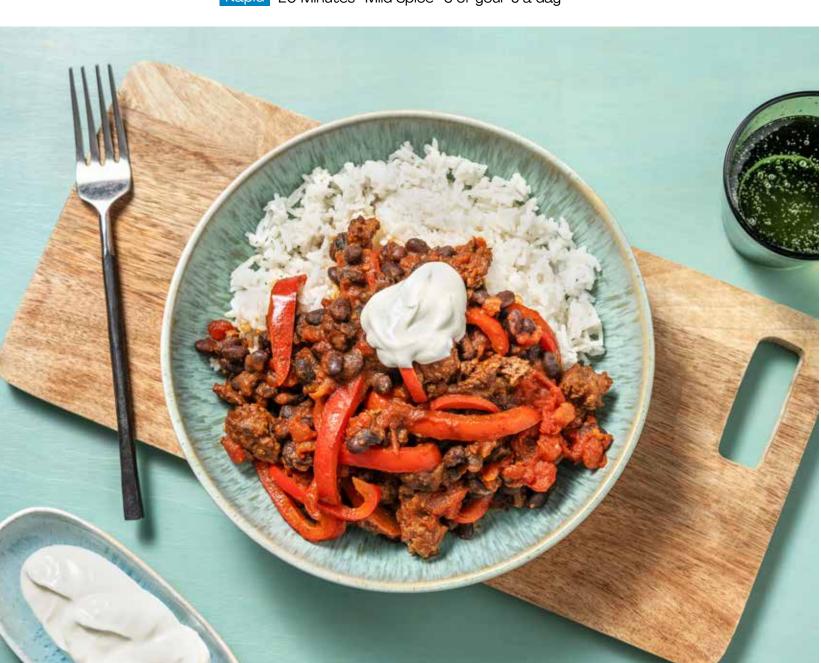


Quick Beef & Black Bean Chilli with Basmati Rice and Soured Cream

Rapid 20 Minutes • Mild Spice • 3 of your 5 a day









Basmati Rice



Garlic Clove





Bell Pepper





Mexican Style Spice Mix



Red Wine Stock Paste



Soured Cream

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, saucepan, sieve, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	1
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Bell Pepper***	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Soured Cream** 7)	75g	120g	150g
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

Tupical Values	Per serving	Per 100g
for uncooked ingredient	722g	100g
Energy (kJ/kcal)	3585 /857	497/119
Fat (g)	28.0	3.9
Sat. Fat (g)	13.0	1.8
Carbohydrate (g)	103.3	14.3
Sugars (g)	22.5	3.1
Protein (g)	42.8	5.9
Salt (g)	3.50	0.49

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

Allergens

7) Milk 14) Sulphites

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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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





Cook the Rice

- a) Boil a full kettle.
- b) Pour the boiled water into a large saucepan with 1/4 tsp salt on high heat. Add the rice and cook for 10-12 mins.
- c) 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.



Fry the Beef

- a) Meanwhile, halve, peel and chop the onion into small pieces. Peel and grate the garlic (or use a garlic press).
- **b)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- c) Once hot, add the beef mince and onion. Cook 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.



Prep Time

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



Add the Veg and Spice

- a) Add the sliced pepper and garlic to the mince and stir-fry for 2 mins.
- b) Stir in the Mexican style spice mix, finely chopped tomatoes and red wine stock paste.
- c) Add the black beans and water for the sauce (see ingredients for amount), then bring to the boil.



Simmer your Chilli

- a) Lower the heat to medium and simmer until the sauce has thickened, 8-10 mins. Stir occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- b) Once thickened, season the chilli to taste with salt and pepper.



Serve

- a) Fluff up the rice with a fork and share between your bowls.
- b) Serve the chilli on top and finish with a spoonful of soured cream.

Enjoy!