



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

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

13



Basmati Rice



Onion



Garlic Clove



Beef Mince



Bell Pepper



Black Beans



Mexican Style  
Spice Mix



Finely Chopped  
Tomatoes



Red Wine  
Stock Paste



Soured Cream

**Pantry Items**

Oil, Salt, Pepper

## 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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	722g	100g
	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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## Cook the Rice

- Boil a full kettle.
- Pour the boiled **water** into a large saucepan with  $\frac{1}{4}$   **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- 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.



## Add the Veg and Spice

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



## Fry the Beef

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



## Simmer your Chilli

- 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.
- Once thickened, season the **chilli** to taste with **salt** and **pepper**.



## Prep Time

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



## Serve

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

## Enjoy!