



Speedy Veggie Beany Stew

with Easy Rice, Cheese and Zesty Creme Fraiche

Rapid 20 Minutes • 3 of your 5 a day • Veggie

18



Basmati Rice



Red Onion



Bell Pepper



Mature Cheddar Cheese



Black Beans



Smoked Paprika



Ground Cumin



Tomato Puree



Worcester Sauce



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Creme Fraiche



Lime



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, frying pan, sieve, grater and bowl.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	1
Bell Pepper***	1	2	2
Mature Cheddar Cheese** 7)	30g	45g	60g
Black Beans	1 carton	1 carton	2 cartons
Smoked Paprika	1 sachet	1 sachet	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1 sachet	2 sachets
Worcester Sauce 13)	½ sachet	¾ sachet	1 sachet
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Creme Fraiche** 7)	75g	120g	150g
Lime**	½	1	1
Baby Spinach**	100g	200g	200g

*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

	Per serving	Per 100g
for uncooked ingredient	723g	100g
Energy (kJ/kcal)	3038 / 726	420 / 100
Fat (g)	22	3
Sat. Fat (g)	11	2
Carbohydrate (g)	104	14
Sugars (g)	21	3
Protein (g)	25	3
Salt (g)	3.79	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

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

- Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **rice**.
- When boiling, add the **rice** and cook for 12 mins.
- Drain in a sieve, pop back into the pan, cover with a lid and leave to the side until ready to serve.



Prep Time

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Halve the **pepper**, remove and discard the core and seeds. Chop into small chunks.
- Grate the **cheese**.
- Drain and rinse the **black beans** in a sieve.



Start the Chilli

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Add the **red onion** and cook, stirring, for 2 mins.
- Add the **pepper** and cook, stirring, for another 3 mins.



Add the Flavour

- Add the **smoked paprika**, **ground cumin**, **tomato puree** and **Worcester sauce** to the pan. Cook for 30 secs.
- Stir in the **veg stock paste**, **finely chopped tomatoes** and **black beans**.
- Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



Make Your Zesty Cream

- Meanwhile, pour the **creme fraiche** into a small bowl.
- Grate in the **lime zest** and add a pinch of **salt** and **pepper**. Mix together well.
- Chop the **lime** into **wedges**.



Serve

- Just before you are ready to serve, stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 2-3 mins.
- Fluff up the **rice** with a fork. Share between your bowls and top with the **veggie stew**, a drizzle of **zesty creme fraiche** and a sprinkle of **cheese**.
- Finish with the **lime wedges** for squeezing over.

Enjoy!