



Speedy Veggie Beany Stew

with Easy Rice, Cheese and Creme Fraiche

Rapid 20 Minutes • 4 of your 5 a day • Veggie

18



Basmati Rice



Red Onion



Bell Pepper



Mature Cheddar
Cheese



Mixed Beans



Smoked Paprika



Ground Cumin



Tomato Puree



Worcester Sauce



Vegetable Stock
Paste



Finely Chopped
Tomatoes with
Onion and Garlic



Baby Spinach



Creme Fraiche

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, sieve, grater and frying pan.

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
Mixed Beans	1 carton	1½ cartons	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
Baby Spinach**	100g	100g	200g
Crema Fraiche** 7)	75g	150g	150g

*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	703g	100g
Energy (kJ/kcal)	2990/715	425/102
Fat (g)	22	3
Sat. Fat (g)	11	2
Carbohydrate (g)	97	14
Sugars (g)	21	3
Protein (g)	27	4
Salt (g)	3.44	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Cereals containing 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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Packed in the UK

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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** and discard the core and seeds. Chop into small chunks.
- Grate the **cheese**.
- Drain and rinse the **mixed beans** in a sieve.



Start the Stew

- 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 **mixed beans**.
- Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



Stir in the Spinach

- 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.



Serve

- Fluff up the **rice** with a fork and share between your bowls.
- Top with the **veggie stew**, a spoonful of **creme fraiche** and a sprinkle of **cheese**.

Enjoy!