



Veggie Bean Chilli

with Easy Rice and Zesty Soured Cream

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie

17



Green Pepper



Red Kidney Beans



Basmati Rice



Mexican Style
Spice Mix



Tomato Puree



Vegetable Stock
Paste



Finely Chopped
Tomatoes with
Onion and Garlic



BBQ Sauce



Soured Cream



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

Kettle, sieve, saucepan, lid, frying pan, bowl and fine grater.

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Red Kidney Beans	1 carton	2 cartons	2 cartons
Basmati Rice	150g	225g	300g
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Tomato Puree	1 sachet	1½ sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
BBQ Sauce	32g	48g	64g
Soured Cream** 7)	75g	120g	150g
Lime**	½	1	1
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	674g	100g
Energy (kJ/kcal)	2550 /610	379 /91
Fat (g)	10.7	1.6
Sat. Fat (g)	5.1	0.8
Carbohydrate (g)	98.0	14.6
Sugars (g)	20.2	3.0
Protein (g)	20.8	3.1
Salt (g)	4.18	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

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

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Start the Prep

- Boil a full kettle.
- Halve the **pepper** and discard the core and seeds. Chop into small chunks.
- Drain and rinse the **kidney beans** in a sieve.



Cook the Rice

- When boiling, pour the **water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- When cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Pepper Time

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pepper** and stir-fry until softened, 3-4 mins.



Simmer the Chilli

- Add the **Mexican style spice mix** and **tomato puree** to your pan. Cook, stirring, for 1 min.
- Stir in the **veg stock paste**, **finely chopped tomatoes**, **BBQ sauce** and **kidney beans**. Add a pinch of **sugar** if you have any.
- Bring to the boil and stir to combine. Lower the heat and simmer until thickened, 5-6 mins.



Zest it Up

- Meanwhile, put the **soured cream** into a small bowl.
- Grate in the **lime zest**, mix well and season to taste with **salt** and **pepper**.
- Chop the **lime** into wedges.



Finish and Serve

- Stir the **spinach** through the **chilli** a handful at a time until wilted and piping hot, 2-3 mins.
- Season to taste with **salt** and **pepper**. Add a splash of **water** to loosen if you'd like.
- Fluff up the **rice** with a fork, then serve in bowls topped with the **veggie chilli**.
- Add a spoonful of the **zesty soured cream** and serve with the **lime wedges** for squeezing over.

Enjoy!