



Veggie Bean Chilli

with Easy Rice and Soured Cream

Calorie Smart 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie • Under 650 Calories

23



Bell Pepper



Red Kidney Beans



Basmati Rice



Mexican Style
Spice Mix



Tomato Puree



Vegetable Stock
Paste



Finely Chopped
Tomatoes with
Onion and Garlic



BBQ Sauce



Baby Spinach



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, sieve, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell 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	30g	45g	60g
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
Baby Spinach**	40g	60g	80g
Soured Cream** 7)	75g	120g	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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2541 /607	443 /106
Fat (g)	10.8	1.9
Sat. Fat (g)	4.9	0.9
Carbohydrate (g)	103.6	18.1
Sugars (g)	22.7	4.0
Protein (g)	23.1	4.0
Salt (g)	4.29	0.75

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

PersonalPoints™ values based on low-cal cooking spray oil.

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.

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Get Prepped

- 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.



Simmer your 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.



Cook the Rice

- When boiling, pour the **water** from your kettle 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.



Bring on the Spinach

- Once thickened, 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.



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.



Serve

- Fluff up the **rice** with a fork, then serve in bowls topped with the **veggie chilli**.
- Add a spoonful of **soured cream** to finish.

Enjoy!

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