



Veggie Packed Chilli

with Easy Rice and Soured Cream

Family 20 Minutes • Little Spice • 2 of your 5 a day

11



Red Onion



Green Pepper



Coriander



Black 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!

Cooking tools, you will need:

Medium Saucepan, Lid, Colander, Sieve, Large Saucepan, Wooden Spoon, Small Bowl, Grater.

Ingredients

	2P	3P	4P
Red Onion**	1	1	1
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Black Beans	1 carton	1½ cartons	2 cartons
Basmati Rice	150g	225g	300g
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
BBQ Sauce 13)	1 sachet	1½ sachets	2 sachets
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	727g	100g
Energy (kJ/kcal)	2655/635	365/87
Fat (g)	11	1
Sat. Fat (g)	5	1
Carbohydrate (g)	107	15
Sugars (g)	21	3
Protein (g)	21	3
Salt (g)	4.18	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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Prep the Veg

- Bring a medium saucepan of **water** to the boil with **¼ tsp of salt**.
- Halve, peel and thinly slice the **red onion**.
- Halve the **green pepper**, remove and discard the core. Chop into small chunks.
- Roughly chop the **coriander** (stalks and all). Drain and rinse the **black beans** in a colander.



Simmer the Chilli

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



Cook the Rice

- When the **water** is boiling, add the **rice** and cook for 12 mins.
- Once cooked, drain in a sieve, cover with a lid and set aside.



Make the Cream

- 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.



Start the Chilli

- Meanwhile, heat a splash of **oil** in a large saucepan on medium-high heat.
- Add the **red onion** and cook, stirring occasionally until starting to soften, 2 mins.
- Add the **pepper** and cook, stirring occasionally, for another 3 mins.



Serve

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

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.