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Vegetable & Butter Bean Chilli with Guacamole & Rice

This chilli is a firm favourite of our chef Mimi. It is inspired by Mimi's veggie friend Emily who whipped this up one night and having originally turned her nose up at butter beans, Mimi proceeded to devour three portions. It is packed with a whole array of delicious ingredients and we hope you enjoy this taste sensation as much as we do!



35 mins



family box



veggie



spicy



lactose free



gluten free



Red Onion (2)



Garlic Clove (2)



Red Pepper (2)



Cumin (1 tbsp)



Ground Coriander
(1 tbsp)



Smoked Paprika
(½ tsp)



Chilli Flakes
(½ tsp)



Basmati Rice
(2 cups)



Organic Chopped
Tomatoes (2 tins)



Organic Butter
Beans (1 tin)



Courgette (2)



Avocado (2)



Lime (1)



Spring Onion (2)

Ingredients

	2P	4P
Red Onion, chopped	-	2
Garlic Clove, chopped	-	2
Red Pepper, chopped	-	2
Cumin	-	1 tbsp
Ground Coriander	-	1 tbsp
Smoked Paprika	-	½ tbsp
Chilli Flakes	-	½ tsp
Basmati Rice	-	2 cups
Organic Chopped Tomatoes	-	2 tins
Organic Butter Beans	-	1 tin
Courgette, chopped	-	2
Avocado	-	2
Lime	-	1
Spring Onion, chopped	-	2

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

N/A

Nutrition per serving: Calories: 833 kcal | Protein: 32 g | Carbs: 145 g | Fat: 14 g | Saturated Fat: 2 g

1



1 Pre-heat the oven to 180 degrees. Peel and finely chop the onions and garlic. Remove the cores from the peppers and chop into (roughly) 2cm cubes.

4



2 Heat 1 tbsp of oil in a non-stick frying pan on low heat and cook the onion for 3 mins until it softens. Put the garlic and pepper into the pan with the onion, turn the heat to medium and cook for 3 mins. Next add the cumin, ground coriander, smoked paprika, a pinch of chilli flakes (depending on how spicy you like it!) and a pinch of salt and pepper. Stir together and cook for another minute.

5



3 Meanwhile, boil 700ml water in a pot with ½ tsp of salt. Once boiling, add your rice to the pot and turn the heat to low. Cover the pot with a lid and leave on a low heat for 10 mins. After 10 mins remove from the heat and leave to rest for 10 mins. Don't peek under the lid until the 20 mins are up!

6



4 Add the chopped tomatoes and 150ml of water to the pan with the veggies. Stir together and let the mixture bubble away on low heat uncovered for 15 mins until it is a lovely thick consistency. After 5 mins,

drain and rinse the butter beans and add them to the pan together with another pinch of salt and pepper if needed. **Tip:** *Stir occasionally to make sure the mixture isn't sticking to the bottom of the pan.*

5 While the chilli and rice are cooking cut the courgettes in half lengthways, chop each half into four lengths and then into 6cm sticks. Toss the courgettes in 1 tbsp of olive oil, ½ tsp of salt and some pepper on a baking tray. Roast in the oven for 15 mins.

6 Time for the guacamole! Slice lengthways into each avocado, once you reach the stone turn the avocado around to cut it in half. Twist each half and pull it apart, then scoop out all of the insides into a bowl. **LH:** *Add your lime juice and a pinch of salt and pepper. Mash it with a fork until you have a slightly lumpy guacamole.*

7 Finely slice the whites of your spring onion and once the rice is cooked, add the spring onion to the rice and stir. The courgettes should now be cooked and the chilli thick and tomatoey. Serve the rice with your vegetable chilli, a dollop of guacamole and some courgettes. Done!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!