



More Than Food
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Bean Chilli with Brown Rice and Citrus Crème Fraîche

We're a traditional bunch here at the Fresh Farm. That's why we decided to use chipotle, a smoky chilli paste, produced by local farmers in the Oaxaca region of Mexico, who use age-old methods to work the land and produce this rich, sweet, spicy concoction. Add bit by bit, it's hot!



35 mins



2.5 of your
5 a day



veggie



super
spicy



Brown Rice
(175g)



Red Onion
(1/2)



Cumin
(1 1/2 tsp)



Tomato Purée
(1 tbsp)



Chopped Tomatoes
(1 tin)



Mixed Beans
(1/2 tin)



Vegetable Stock Pot
(1/2)



Chipotle Paste
(1/2 tbsp)



Lime
(1/2)



Crème Fraîche
(1 pot)

2 PEOPLE INGREDIENTS

- Brown Rice **175g**
- Red Onion, sliced **½**
- Cumin **1½ tsp**
- Tomato Purée **1 tbsp**
- Chopped Tomatoes **1 tin**
- Mixed Beans **½ tin**
- Vegetable Stock Pot **½**
- Chipotle Paste **½ tbsp**
- Lime **½**
- Crème Fraîche **1 pot**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Cumin is one of the most popular spices in the world, second only to black pepper.

Allergens: Milk, Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	574 kcal / 2405 kJ	21 g	11 g	74 g	11 g	19 g	3 g
Per 100g	86 kcal / 358 kJ	3 g	2 g	11 g	2 g	3 g	0 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Boil a pot of water with a pinch of **salt**. Rinse the **rice** in a sieve under running water for 1 minute. Pop the **rice** in the pot and boil for 25 mins, then drain and put back in the pot. Cover with a tea towel and leave off the heat until the chilli is ready.

2 Cut the **red onion** in half through the root, peel and thinly slice into half moon shapes.

3 Heat a splash of **olive oil** in a frying pan on medium-low heat. Once hot, add your **onion** with a pinch of **salt** and **pepper**. Stir your **onion** and place a lid on the pan. After 5 mins, take the lid off the pan, add the **cumin** and **tomato purée** and stir everything together.

4 After 1 minute, add the **chopped tomatoes** and a pinch of **sugar** (if you have some) and turn the heat to medium.

5 Drain and rinse the **mixed beans** and add to the pan along with the **vegetable stock pot**. Lastly, add the chipotle paste. **Tip:** *Add the chipotle paste to taste, it's hot!* Simmer on low heat for 5-10 mins.

6 Zest and juice the **lime** and mix a pinch of the **zest** and dash of the **juice** into the **crème fraîche**. **Tip:** *When zesting (i.e. grating) the lime, don't go down to the white part underneath the skin as this tastes bitter.*

7 Serve your **bean chilli** with your **rice**, a good dollop of **citrus crème fraîche** and a big splash of **lime juice**.



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