



Chilli Beef Burrito Bowl

with Rice, Zesty Soured Cream and Baby Gem Salad

27

Calorie Smart 30-35 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



- Garlic Clove
- Red Kidney Beans
- Basmati Rice
- Beef Mince
- Chipotle Paste
- Tomato Passata
- Beef Stock Paste
- Lime
- Baby Plum Tomatoes
- Baby Gem Lettuce
- Soured Cream

Pantry Items
Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, bowl, saucepan, lid, frying pan and fine grater.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Red Kidney Beans	½ carton	¾ carton	1 carton
Basmati Rice	150g	225g	300g
Beef Mince**	120g	180g	240g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	1	1	2
Lime**	½	1	1
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	2	2
Soured Cream** 7)	50g	75g	100g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Beans*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	463g	100g
	2424 / 579	524 / 125
Fat (g)	17.4	3.8
Sat. Fat (g)	7.7	1.7
Carbohydrate (g)	82.0	17.7
Sugars (g)	10.4	2.2
Protein (g)	27.8	6.0
Salt (g)	2.01	0.44

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

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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Get Prepped

Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **kidney beans** in a sieve. Pop **half** of them into a bowl and mash with the back of a fork.



Simmer your Chilli

Add the **tomato passata**, **beef stock paste**, **kidney beans** (whole and mashed) and **water for the beans** (see pantry for amount) to the **beef**.

Stir to combine, then bring to the boil and simmer until the **chilli** has reduced and thickened, 4-5 mins.



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Prep the Rest

While the **chilli** simmers, zest and cut the **lime** into **wedges**. Halve the **tomatoes**. Trim the **baby gem**, halve lengthways, then thinly slice widthways.

Squeeze some **lime juice** into a small bowl and add a drizzle of **olive oil**. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Mix together, then stir in the **tomatoes**.

Pop the **soured cream** and **lime zest** into another small bowl. Season with **salt** and **pepper** and mix well.



Brown the Mince

Heat a large frying pan on high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Turn the heat down to medium-high, then stir in the **garlic** and **chipotle paste** (add less if you'd prefer things milder). Cook for 1 min.



Finish and Serve

When everything's ready, taste the **chilli** and add **salt** and **pepper** if needed.

Add the **baby gem** to the **tomatoes** and toss to coat in the **dressing**.

Fluff up the **rice** with a fork and share between your bowls. Spoon over the **chilli**, then top with the **salad** and **zesty soured cream**.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!