



Dinner: Chilli Con Carn

Lunch: Chilli Sweetcorn Burrito

N° 19

DINNER TO LUNCH Dinner: 40 Minutes • Lunch: 5 Minutes • Little Heat • 2.5 of your 5 a day

DINNER



LUNCH

-  Basmati Rice
-  Beef Mince
-  Red Pepper
-  Carrot
-  Mexican Spice
-  Finely Chopped Tomatoes with Garlic & Onion
-  Tomato Passata
-  Red Wine Stock Pot
-  Lime
-  Soured Cream
-  Sweetcorn
-  Mature Cheddar Cheese
-  Whole Wheat Soft Tortillas
-  Baby Spinach

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Saucepan (with a Lid), Large Frying Pan, Measuring Jug, Fine Grater, Sieve and Coarse Grater.

Ingredients

| | 2P | 3P | 4P |
|---|----------|------------|-----------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Basmati Rice | 150g | 225g | 300g |
| Beef Mince** | 360g | 480g | 600g |
| Red Pepper** | 2 | 3 | 4 |
| Carrot** | 2 | 3 | 4 |
| Mexican Spice | 2 pots | 2 pots | 3 pots |
| Water* | 100ml | 150ml | 200ml |
| Finely Chopped Tomatoes with Garlic & Onion | 1 carton | 1½ cartons | 2 cartons |
| Tomato Passata | 1 carton | 1 carton | 1 carton |
| Red Wine Stock Pot 14) | 1 pot | 1½ pots | 2 pots |
| Lime** | 1 | 1 | 1 |
| Soured Cream 7)** | 1 pouch | 1 pouch | 1 pouch |
| Sweetcorn | 1 carton | 1 carton | 1 carton |
| Mature Cheddar Cheese 7)** | 1 block | 1 block | 1 block |
| Wholewheat Soft Tortillas 13) | 4 | 4 | 4 |
| Baby Spinach** | ½ bag | ½ bag | ½ bag |

*Not Included ** Store in the Fridge

Nutrition

| Dinner | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 525g | 100g |
| Energy (kJ/kcal) | 2792/ 665 | 532/ 127 |
| Fat (g) | 24 | 5 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 82 | 16 |
| Sugars (g) | 19 | 4 |
| Protein (g) | 28 | 5 |
| Salt (g) | 2.99 | 0.57 |

| Lunch | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 619g | 100g |
| Energy (kJ/kcal) | 3193/ 764 | 516/ 124 |
| Fat (g) | 34 | 5 |
| Sat. Fat (g) | 16 | 3 |
| Carbohydrate (g) | 73 | 12 |
| Sugars (g) | 24 | 4 |
| Protein (g) | 36 | 6 |
| Salt (g) | 5.33 | 0.86 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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1. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, stir in the **rice** and a pinch of **salt**, lower the heat to medium and pop a lid on the pan. 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).



4. Zest it up

Meanwhile, zest the **lime** then chop into wedges. Pop the **soured cream** in a bowl and stir in the **lime zest**. Season with a pinch of **salt** and **pepper**.



2. Fry the Mince

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat and add the **beef mince**. Cook, breaking it up with a wooden spoon, until browned, 4-5 mins. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Meanwhile, halve the **peppers** and discard the core and seeds. Chop into small pieces. Trim the **carrot** then quarter lengthways (no need to peel). Chop widthways into small pieces.



5. Serve

When ready to serve, fluff up the **rice** with a fork and divide between bowls. Season the **beef mixture** to taste with **salt** and **pepper** if needed, then reserve 2 portions of the **mixture** - this is for your lunch burrito. Serve the remaining **mixture** on top of the **rice** and finish with a dollop of **zesty soured cream** (reserve half for your burritos!) and the **lime wedges** for squeezing over.



3. Cook the Chilli

Lower the heat to medium and stir the **Mexican spice** into the **mince** along with the chopped **veggies**. Cook, stirring, until the **veggies** start to soften, 4-5 mins, then pour in the **water** (see ingredients for amount), **finely chopped tomatoes**, **tomato passata** and **red wine stock pot**. Stir and bring to the boil, then reduce the heat and simmer until the **mixture** is thick and **vegetables** are cooked, 15-20 mins, stirring occasionally.



6. Prep Your Lunch!

When you're ready to pack lunch, drain the **sweetcorn** in a sieve and grate the **cheese**. Stir the **sweetcorn** into the reserved **chilli**. Lay a **wrap** on a board and spread with a little reserved **soured cream**. Top with some **spinach**, **chilli** and **cheese**. Tuck in the ends and roll into a **burrito**. Wrap in foil and refrigerate. Repeat for the remaining **wraps**. Enjoy cold, or alternative heat up in a microwave until piping hot. **TIP:** *Roll your burrito just before eating for maximum freshness.*

Enjoy!