



More Than Food
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Mixed Bean and Pork Chilli with Brown Rice and Zesty Sour Cream

Sausage meat in a chilli?! Yes, you read it right! It may be slightly crazy, but we assure you the delicious sausage meat from Roaming Roosters is an amazing meaty alternative to beef mince. Enjoy!



30 mins



3 of your 5 a day



super spicy



family box



mealkit



Brown Rice
(350g)



Red Onion
(1)



Mixed Beans
(1 tin)



Pork Sausage
(500g)



Cumin
(1 tbsp)



Chopped Tomatoes
(2 tins)



Tomato Purée
(2 tbsp)



Vegetable Stock Pot
(1)



Chipotle Paste
(1 tbsp)



Lime
(1)



Sour Cream
(1 pot)

4 PEOPLE INGREDIENTS

- Brown Rice **350g**
- Red Onion, sliced **1**
- Mixed Beans **1 tin**
- Pork Sausage **500g**
- Cumin **1 tbsp**
- Chopped Tomatoes **2 tins**
- Tomato Purée **2 tbsp**
- Vegetable Stock Pot **1**
- Chipotle Paste **1 tbsp**
- Lime **1**
- Sour Cream **1 pot**

Allergens: Celery, Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrates	Sugars	Protein	Salt
Per serving	755 kcal / 3160 kJ	34 g	12 g	77 g	11 g	33 g	3 g
Per 100g	106 kcal / 446 kJ	5 g	2 g	11 g	2 g	5 g	0 g

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

Did you know...

Historically, sour cream was prepared by putting a container of regular cream on the back of a stove until the cream became acidic and thick... i.e. sour!

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.

2



1 Boil a pot of water with a pinch of **salt**. Rinse the **rice** in a sieve under running water for 1 minute. Add your **rice** to 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 cooked.

4



2 Peel and cut the **red onion** lengthways through the root. Finely slice into half moon shapes. Drain and rinse the **mixed beans**.

6



3 Heat a splash of **oil** in a frying pan on medium-high heat. Once hot, cut open the **sausage**, remove the **meat** and discard the skin. Cook your **sausage meat** until brown. **Tip:** *Break it up with a fork as you go.* Once your meat has browned, transfer from the pan to a plate, cover with tinfoil and keep to one side.

7



4 Heat a splash of **oil** in the same 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 and add the **cumin**.

5 After 1 minute, add the **chopped tomatoes** and turn the heat up to medium. **Tip:** *If you have any sugar, add a pinch now.* This is the base for your chilli!

6 Add your **beans**, the **tomato purée** and the **vegetable stock pot**. Finally add back your **sausage meat** and **chipotle paste**. Simmer for a few mins to heat through your **sausage meat** and allow your **chilli** to thicken.

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

8 Serve your **chilli** with your **rice**, a good dollop of **zesty sour cream** another dash of **lime juice**!

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