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## One Pot Vegetarian Chilli with Quinoa

Presenting to you another versatile HelloFresh 'one-pot wonder'! This delicious dish has a bit of a twist - quinoa (yes, cooked in the same pot as the chilli)! It still contains all of the flavours you know and love but with some new earthy cinnamon tones, add to this some hearty kidney beans, and you have one very satisfying and nutritious meal. Go for it!



40 mins



super spicy



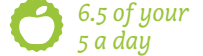
veggie



one pot wonder



healthy



6.5 of your 5 a day



Quinoa (120g)



Onion (1)



Garlic Clove (1)



Green Pepper (1)



Carrot (1)



Coriander (½ bunch)



Kidney Beans (1 tin)



Cumin (1 tbsp)



Chilli Powder (¾ tsp)



Cinnamon (½ tsp)



Water (300ml)



Vegetable Stock Pot (½)



Chopped Tomatoes (1 tin)



Tomato Purée (2 tbsp)



Lime (½)



Sour Cream (½ pot)



Cornflour (½ tsp)


## 2 PEOPLE INGREDIENTS

- Quinoa **120g**
- Onion, chopped **1**
- Garlic Clove, grated **1**
- Green Pepper, chopped **1**
- Carrot, chopped **1**
- Coriander, chopped **½ bunch**
- Kidney Beans **1 tin**
- Cumin **1 tbsp**
- Chilli Powder **¾ tsp**
- Cinnamon **½ tsp**
- Water **300ml**
- Vegetable Stock Pot **½**
- Chopped Tomatoes **1 tin**
- Tomato Purée **2 tbsp**
- Lime **½**
- Sour Cream **½ pot**
- Cornflour **½ tbsp**

**Allergens:** Celery, Sulphites, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	501 kcal / 2098 kJ	13 g	5 g	73 g	21 g	19 g	3 g
<b>Per 100g</b>	270 kcal / 0 kJ	2 g	1 g	9 g	3 g	2 g	0 g

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

### Did you know...

Quinoa contains all of the essential amino acids, meaning it is one of the few plant based proteins considered a complete protein.

**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** Place the **quinoa** into a sieve and rinse it under running water for at least 30 seconds (this will improve the flavour). Leave to one side. If you don't have a sieve don't worry!



**2** Cut the **onion** in half through the root, peel and chop into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one). Remove the stalk and the core from the **green pepper** and chop it into ½cm squares. Peel and chop the **carrot** into ½cm cubes. Roughly chop the **coriander**. Drain and rinse the **kidney beans**.



**3** Heat a splash of **oil** in a saucepan over a medium heat. Add your **garlic** and **onion**. Gently fry for 3 mins or until soft. Add your **pepper** and **carrot**. Gently fry for a further 3-4 mins. Add the **cumin**, **chilli powder** (a little less than we gave you if you prefer things less spicy!) and **cinnamon**. Stir to coat and gently fry for 30 seconds.



**4** Add the water (amount specified in the ingredient list) to the pan along with the **vegetable stock pot**. Add your **quinoa**, **kidney beans**, **chopped tomatoes** and **tomato purée**. Season with pinch of **salt** and a good grind of **black pepper** and stir everything together.

**5** Bring your **chilli** to the boil and then reduce to a simmer. Cover with a lid and let your **chilli** cook for about 15-20 mins or until your quinoa is tender.

**6** Zest the **lime** into the **sour cream** together with a pinch of **salt** and a good grind of **black pepper**.

**7** Prepare a 'slurry': place the **cornflour** into a small bowl with the same amount of cold **water**. Whisk with a fork until your **cornflour** is dissolved. **Tip:** A 'slurry' is a mixture that contains equal parts starch (in our case cornflour) and cold water. It's used to help thicken a sauce, soup or stew!

**8** Add three-quarters of your **coriander** to your **chilli** stir through. Whisk your **slurry** again and add it to your **chilli**, stirring continuously. Gently heat stir to combine and until slightly thickened (about 30 seconds or so should do it). Remove from the heat and serve in bowls topped with some **sour cream**. Sprinkle over some of your remaining **coriander** and tuck in!

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