



Sausage and Bean Chilli

with Easy Rice and Creme Fraiche

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

14



Basmati Rice



Pork and Oregano Sausage Meat



Black Beans



Coriander



Red Chilli



Mexican Style Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Creme Fraiche

Before you start

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

Cooking tools

Kettle, saucepan, lid, sieve and frying pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Pork and Oregano Sausage Meat** 14)	225g	340g	450g
Black Beans	1 carton	2 cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	3590 /855	649 /155
Fat (g)	35	6
Sat. Fat (g)	16	3
Carbohydrate (g)	94	17
Sugars (g)	14	3
Protein (g)	31	6
Salt (g)	5.10	0.92

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

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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Packed in the UK

The Fresh Farm

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Cook the Rice

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Simmer the Sauce

- Once browned, add **Mexican style spice mix** to the **sausage meat** and cook for 1 min.
 - Stir in the **chopped tomatoes**, a pinch of **sugar** (if you have any) and the **chicken stock paste**.
 - Simmer until the **mixture** is thickened and the **sausage meat** is cooked through, 5-6 mins.
- IMPORTANT:** The sausage meat is cooked when no longer pink in the middle.



Get Frying

- While the **rice** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat.
 - When hot, add the **sausage meat** and cook until browned, 3-4 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 meat.



Add the Beans

- Stir the **beans** into the **sauce** and simmer until piping hot, 1 min.
 - Taste and add **salt** and **pepper** if needed.
- TIP:** Add a splash of water if it's a little dry.



Prep Time

- Meanwhile, drain and rinse the **black beans** in a sieve.
- Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** lengthways, deseed, then thinly slice (see ingredients for amount).



Serve

- Fluff up the **rice** with a fork, then share between your bowls.
- Spoon the **chilli** on top of the **rice**.
- Finish with a dollop of **crema fraiche** and a sprinkle of **coriander**.
- For those who like things extra hot, garnish with some **chopped chilli**.

Enjoy!