



# Sausage and Bean Chilli

with Easy Rice and Coriander

**FAMILY** Hands on Time: 15 Minutes • Total Time: 15 Minutes • Medium Heat • 1 of your 5 a day



Pork Sausage Meat



Kidney Beans



Coriander



Green Chilli



Mexican Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



Steamed Basmati Rice



Soured Cream

## Before you start

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

### Basic cooking tools you will need:

Frying Pan and Sieve.

### Ingredients

	2P	3P	4P
Pork Sausage Meat <b>13) 14)**</b>	225g	340g	450g
Kidney Beans**	1 carton	1½ cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Green Chilli**	1	1	1
Mexican Spice Mix	1 pot	1½ pots	2 pots
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches
Soured Cream <b>7)**</b>	75g	100g	150g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	605g	100g
Energy (kJ/kcal)	2985 / 714	493 / 118
Fat (g)	32	5
Sat. Fat (g)	13	2
Carbohydrate (g)	67	11
Sugars (g)	14	2
Protein (g)	36	6
Salt (g)	4.76	0.79

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.

### Contact

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## 1. Start Cooking

Heat a splash of **oil** in a frying pan over medium high heat. When hot, add the **sausage meat** and brown all over, 3-4 mins. Break it up with a spoon as it cooks.



## 2. Prep Time

Meanwhile, drain and rinse the **kidney beans**. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, de-seed then slice thinly.



## 3. Simmer the Sauce

When the **sausage meat** is browned add the **Mexican spice mix** and cook for 1 minute. Stir in the **chopped tomatoes** and **chicken stock powder**. Simmer until the **sausage meat** is cooked through, 5-6 mins. **IMPORTANT:** The sausage meat is cooked when no longer pink in the middle.



## 4. Cook the Rice

Cook the **rice** according to pack instructions.



## 5. Add the Beans

Stir the **beans** into the **sauce** and simmer until piping hot, one minute. Taste and add **salt** and **pepper** if necessary. Get ready to serve.



## 6. Serve

Share the **rice** between your bowls. Spoon the **sauce** on top of the **rice**. Finish with a dollop of **soured cream**, a sprinkle of **coriander** and for those who like things spicy, some **green chilli**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.