



Speedy Veggie Beany Stew

with Easy Rice, Cheese and Zesty Soured Cream

Family 20 Minutes • 4 of your 5 a day

11



Basmati Rice



Red Onion



Green Pepper



Garlic Clove



Cheddar Cheese



Mixed Beans



Smoked Paprika



Ground Cumin



Tomato Puree



Worcester Sauce



Vegetable Stock Paste



Whole Peeled Tomatoes



Soured Cream



Lime



Baby Spinach

Before you start

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

Cooking tools, you will need:

Saucepan with Lid, Sieve, Garlic Press, Grater and Bowl.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	1
Green Pepper**	1	2	2
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	30g	45g	60g
Mixed Beans	1 carton	1½ cartons	2 cartons
Smoked Paprika	1 sachet	1 sachet	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1 sachet	2 sachets
Worcester Sauce 13)	½ sachet	¾ sachet	1 sachet
Vegetable Stock Paste 10)	10g	15g	20g
Whole Peeled Tomatoes**	1 carton	1½ cartons	2 cartons
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Soured Cream** 7)	75g	120g	150g
Lime**	½	1	1
Baby Spinach**	100g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	728g	100g
Energy (kJ/kcal)	2691/643	370/88
Fat (g)	16	2
Sat. Fat (g)	8	1
Carbohydrate (g)	94	13
Sugars (g)	19	3
Protein (g)	27	4
Salt (g)	1.79	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

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Cook the Rice

a) Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **rice**.

b) When boiling, add the **rice**, stir through and cook for 12 mins.

c) Drain in a sieve, pop back into the pan, cover with a lid and leave to the side until ready to serve.



Prep Time

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Halve the **green pepper**, remove and discard the core and seeds. Chop into small chunks.

c) Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

d) Drain and rinse the **mixed beans** in a sieve.



Start the Stew

a) Heat a splash of **oil** in a large saucepan on medium-high heat.

b) Add the **red onion** and cook, stirring, for 2 mins.

c) Add the **pepper** and cook, stirring, for another 3 mins.



Add the Flavour

a) Add the **smoked paprika**, **ground cumin**, **tomato puree** and **Worcester sauce**. Cook for 30 secs.

b) Stir in the **veg stock paste**, **whole peeled tomatoes** and **sugar for the sauce** (see ingredients for amount). Break up the **tomatoes** with a spoon.

c) Add the **mixed beans**, bring to the boil then lower the heat and simmer until thickened, 5-6 mins.



Make Your Zesty Cream

a) Meanwhile, pour the **soured cream** into a small bowl.

b) Grate in the **lime zest** and add a pinch of **salt** and **pepper**.

c) Mix together well.

d) Chop the **lime** into **wedges**.



Serve

a) Just before you are ready to serve, stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 2-3 mins.

b) Fluff up the **rice** with a fork. Share between your bowls and top with the **veggie stew**, a drizzle of **zesty soured cream** and a sprinkle of **cheese**.

c) Finish with the **lime wedges** for squeezing over.

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.