



Super Quick Mexican Chilli

with Basmati Rice and Limey Soured Cream

RAPID 20 Minutes • Medium Heat • 1.5 of your 5 a day

N° 15



Basmati Rice



Beef Mince



Yellow Pepper



Coriander



Kidney Beans



Mexican Spice



Finely Chopped Tomatoes with Garlic and Onion



Red Wine Stock Pot



Lime



Soured Cream

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Sieve, Frying Pan and Measuring Jug

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Yellow Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic and Onion	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot 14	1 pot	1½ pots	2 pots
Water for the Chilli*	150ml	225ml	300ml
Lime**	½	¾	1
Soured Cream 7 **	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	661g	100g
Energy (kJ/kcal)	3460 / 827	524 / 125
Fat (g)	28	4
Sat. Fat (g)	13	2
Carbohydrate (g)	91	14
Sugars (g)	20	3
Protein (g)	45	7
Salt (g)	4.94	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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.

Contact

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1. Cook the Rice

a) Bring a large saucepan of **water** to the boil with ¼ tsp of **salt**.

b) Add the **rice** and boil until tender, 12-15 mins, then drain in a sieve and return to the pan, off the heat, with the lid on.



4. Add the Veggies

a) Add the **pepper** to the **mince**, stir and cook for 2 mins.

b) Stir in **Mexican spice**, **finely chopped tomatoes** and **red wine stock pot**.

c) Add the **kidney beans** and **water** (see ingredients for amount) and bring to the boil.

d) Stir to dissolve the **stock pot**. Lower the heat to medium and simmer until the **sauce** is nice and thick, 8-10 mins. Stir occasionally. **IMPORTANT: The mince is cooked when no longer pink.**



2. Cook the Beef

a) Meanwhile, heat a splash of **oil** in a frying pan over high heat.

b) Add the **beef mince** and brown all over, 4-5 mins, breaking it up with a spoon as it cooks.



5. Make the Zesty Soured Cream

a) Meanwhile zest and then halve the **lime**.

b) Mix the **lime zest** with the **soured cream** and a pinch of **salt**.



3. Prep the Veggies

a) Meanwhile, halve the **pepper**, discard the core and seeds, then thinly slice.

b) Roughly chop the **coriander** (stalks and all).

c) Drain and rinse the **kidney beans** in a sieve.



6. Finish Off

a) Once cooked, stir **half** the **coriander** through the **chilli**. Add **salt** and **pepper** to taste.

b) Share the **rice** between your bowls. Serve the **chilli** on top of the **rice** and finish with a spoonful of **zesty cream**. Sprinkle over the remaining **coriander**.

Enjoy!