



# Veggie Packed Beany Stew with Rice, Cheese and Zesty Cream

Family 20 Minutes • 4 of your 5 a day • Veggie

11



Basmati Rice



Red Onion



Green Pepper



Cheddar Cheese



Mixed Beans



Smoked Paprika



Ground Cumin



Tomato Puree



Worcester Sauce



Vegetable  
Stock Paste



Finely Chopped  
Tomatoes with  
Onion and Garlic



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, Lid, Wooden Spoon, Sieve, Grater, Bowl.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	1
Green Pepper**	1	2	2
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
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
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)	2771/662	380/91
Fat (g)	16	2
Sat. Fat (g)	8	1
Carbohydrate (g)	97	13
Sugars (g)	20	3
Protein (g)	28	4
Salt (g)	3.38	0.46

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, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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## Cook the Rice

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



## Add the Flavour

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

**b)** Stir in the **veg stock paste**, **finely chopped tomatoes** and the **mixed beans**.

**c)** Bring to the boil then lower the heat and simmer until thickened, 5-6 mins.



## Prep Time

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

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

**c)** Grate the **cheese**.

**d)** Drain and rinse the **mixed beans**.



## 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**.



## Start the Chilli

**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.



## Serve

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

**b)** Fluff and share the **rice** 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.