



# Veggie Packed Chilli

with Brown Rice and Zesty Soured Cream

**Rapid** 20 Minutes • Medium Spice • 2.5 of your 5 a day • Veggie

16



Red Onion



Green Pepper



Garlic



Coriander



Mixed Beans



Mexican Spice



Tomato Purée



Vegetable Stock Powder



Finely Chopped Tomatoes



BBQ Sauce



Steamed Brown Basmati Rice



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:

Colander and Saucepan.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	1
Green Pepper**	1	2	2
Garlic**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 large sachet	1 small & 1 large sachet	2 large sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
BBQ Sauce <b>13</b>	1 sachet	2 sachets	2 sachets
Steamed Brown Basmati Rice	1 pack	1½ packs	2 packs
Soured Cream <b>7</b> **	75g	100g	150g
Lime**	½	1	1
Baby Spinach**	1 small bag	1 large bag	2 small bags

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	730g	100g
Energy (kJ/kcal)	2100 /502	288 /69
Fat (g)	12	2
Sat. Fat (g)	5	1
Carbohydrate (g)	71	10
Sugars (g)	23	3
Protein (g)	20	3
Salt (g)	2.28	0.31

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.

## Contact

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

The Fresh Farm

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You can recycle me!



## Prep the Veg

- Halve, peel and thinly slice the **red onion**.
- Halve the **green pepper**, remove and discard the core. Chop into small chunks.
- Peel and grate the **garlic** (or use a **garlic press**)
- Roughly chop the **coriander** (stalks and all), drain and rinse the **mixed beans** in a colander.



## Cook the Rice

- Meanwhile, cook the **rice** according to pack instructions.



## Start the Chilli

- Heat a splash of **oil** in a large saucepan on medium-high heat.
- Add the **red onion**, cook, stirring occasionally until starting to soften, 2 mins
- Add the **pepper** and cook, stirring occasionally, for another 3 mins.



## Make the Cream

- Put the **soured cream** in a small bowl.
- Grate in the **lime zest**, mix well and season to taste with **salt** and **pepper**.
- Chop the **lime** into wedges.



## Simmer the Chilli

- Add the **Mexican spice mix**, **garlic** and **tomato purée**. Cook, stirring, for 1 min.
- Stir in the **veg stock powder**, **finely chopped tomatoes**, **bbq sauce** and **mixed beans**. Add a pinch of **sugar** if you have some.
- Bring to the boil, stir to dissolve the **stock powder**, lower the heat and simmer until thickened, 5-6 mins.



## Serve

- Stir the **spinach** through the **chilli**, one handful at a time, until wilted, 2-3 mins.
- Season the **chilli** to taste with **salt** and **pepper**. Add a splash of **water** to loosen if you like.
- Serve the **brown rice** in bowls topped with the **veggie chilli**.
- Add a drizzle of the **zesty soured cream** and a sprinkle of **coriander**. 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.