



Cooking Made Easy

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Lentil, Vegetable & Butter Bean Chilli with Guacamole & Herby Rice

This chilli is a firm favourite of our chef Mimi. It is inspired by Mimi's veggie friend Emily who whipped this up one night and having originally turned her nose up at lentils, Mimi proceeded to devour three portions. It is packed with a whole array of delicious ingredients and we hope you enjoy this taste sensation as much as we do!



35 min



gluten free



veggie



spicy



lactose free



Red Onion



Red Pepper



Cumin



Ground Coriander



Smoked Paprika



Chilli Flakes



Red Split Lentils



Organic Chopped Tomatoes



Organic Butter Beans



Basmati Rice



Courgette



Avocado



Lime



Coriander

Ingredients

	2P	4P
Red Onion, chopped	1	2
Red Pepper, chopped	1	2
Cumin	½ tbsp	1 tbsp
Ground Coriander	½ tbsp	1 tbsp
Smoked Paprika	1 tsp	2 tsp
Chilli Flakes	¼ tsp	½ tsp
Red Split Lentils	3 tbsp	5 tbsp
Organic Chopped Tomatoes	1 tin	2 tins
Organic Butter Beans	½ tin	1 tin
Basmati Rice	1 cup	2 cups
Courgette, chopped	¾	1½
Avocado	1	2
Lime	½	1
Coriander, chopped	3 tbsp	5 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

N/A

Nutrition per serving: Calories: 833 kcal | Protein: 32 g | Carbs: 145 g | Fat: 14 g | Saturated Fat: 2 g

1



1 Pre-heat the oven to 180 degrees. Peel and finely chop the onion. Remove the core from the pepper and chop into (roughly) 2cm squares.

4



2 Heat 1 tbsp of oil in a non-stick frying pan on low heat and cook the onion for 3 mins until it softens. Put the pepper chunks into the pan with the onion, turn the heat to medium and cook for 3 mins. Next add the cumin, ground coriander, smoked paprika, a pinch of chilli flakes (depending on how spicy you like it!) and a pinch of salt and pepper. Stir together and cook for another minute.

5



3 Meanwhile, boil 350ml water in a pot with ¼ of salt. Once boiling, add your rice to the pot and turn the heat to low. Cover the pot with a lid and leave on a low heat for 10 mins. After 10 mins remove from the heat and leave to rest for 10 mins. Don't peek under the lid until the 20 mins are up!

6



4 Add the lentils to the onions as well as the chopped tomatoes and 150ml of water. Stir together and let the mixture bubble away on low heat uncovered for 15 mins until it is a lovely thick consistency. After 5 mins,

drain and rinse the butter beans and add them to the pan together with another pinch of salt and pepper if needed. **Tip:** *Stir occasionally to make sure the lentils aren't sticking to the bottom of the pan.*

5 While the chilli and rice are cooking cut the courgette in half lengthways, chop each half into four lengths and then into 6cm sticks. Toss the courgettes in 1 tbsp of olive oil, ¼ tsp salt and some pepper. Roast in the oven for 15 mins.

6 Time for the guacamole! Slice lengthways into the avocado, once you reach the stone turn the avocado around to cut it in half. Twist each half and pull it apart then scoop out all of the insides into a bowl. Add the juice of ½ the lime and a pinch of salt and pepper. Mash it with a fork until you have a slightly lumpy guacamole.

7 Once the rice is cooked, chop the coriander, add to the rice and stir. The courgettes should now be cooked and the chilli thick and tomatoey. Serve the rice with your lentil chilli, a dollop of guacamole and some courgettes. Done!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!