






More than Food
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One Pot Vegetarian Chili with Quinoa

Presenting to you another versatile HelloFresh 'one-pot wonder'! This delicious dish has a bit of a twist - quinoa (yes, cooked in the same pot as the chili)! It still contains all of the beloved flavours you know and love but with some new earthy cinnamon tones, add to this some hearty kidney beans and you have one very satisfying and nutritious meal. Go for it!



40 mins



spicy



veggie



gluten free



one pot wonder



Quinoa



Garlic Clove



Onion



Green Pepper



Carrot



Coriander



Organic Kidney Beans



Cumin



Spicy Cinnamon



Vegetable Stock Pot



Organic Chopped Tomatoes



Tomato Passata




Lime



Natural Yoghurt

Ingredients

| | 2P | 4P |
|------------------------------|----------|----------|
| Quinoa | ⅓ cup | ⅔ cup |
| Garlic Clove, chopped | 1 | 2 |
| Onion, chopped | ½ | 1 |
| Green Pepper, chopped | 1 | 2 |
| Carrot, chopped | 1 | 2 |
| Coriander, chopped | 2 tbsp | 4 tbsp |
| Organic Kidney Beans | 1 tin | 2 tins |
| Cumin | 1 tbsp | 2 tbsp |
| Spicy Cinnamon | 1½ tsp | 3 tsp |
| Vegetable Stock Pot 1 | ½ | 1 |
| Organic Chopped Tomatoes | 1 tin | 2 tins |
| Tomato Passata | ½ carton | 1 carton |
| Lime | ½ | 1 |
| Natural Yoghurt 2 | ½ pot | 1 pot |

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

Allergens

1) Celery 2) Milk

Nutrition per serving: Calories: 622 kcal | Protein: 31 g | Carbs: 97 g | Fat: 5 g | Saturated Fat: 1 g



1 *Tip: Place the quinoa into a sieve and rinse it under running water for at least 30 seconds (this will improve the flavour). Leave to one side. If you don't have a sieve don't worry!*



2 Peel and chop the garlic and half the onion. Remove the stalk and the core from the green pepper and chop it into ½cm squares. Peel and chop the carrot into ½cm cubes. Roughly chop the coriander. Drain and rinse the kidney beans.



3 Heat 1 tbsp of oil in a saucepan over medium heat. Add the garlic and onion. Gently fry for 3 mins or until softened. Add the green pepper and carrot. Gently fry for a further 3-4 mins. Add the cumin and spicy cinnamon (a little less than stated if you prefer things less heated!). Stir to coat and gently fry for 30 seconds or until fragrant.



4 Add 350ml of water to the pan along with half the stock pot. Add the quinoa, kidney beans, chopped tomatoes and tomato passata. Season with ¼ tsp of salt and a good grind of black pepper and stir everything together.

5 Bring the chilli to the boil and then reduce to a simmer. Cover with a lid and let the chilli cook for about 15-20 mins or until the quinoa is tender.

6 Grate the zest of half the lime into the yoghurt, together with a pinch of salt and a good grind of pepper.

7 When the chilli has cooked for 15-20 mins, add three quarters of the coriander to the pan and stir through. Remove from the heat and serve in bowls topped with some yoghurt. Sprinkle on some of your leftover coriander and tuck in!

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