



Chipotle Bean Chilli

with Easy Rice and Soured Cream

Quick 20 Minutes • **Very Hot** • 3 of your 5 a day • Veggie

19



Bell Pepper



Red Kidney Beans



Basmati Rice



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Chipotle Paste



Baby Spinach



Honey



Soured Cream



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, sieve, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Kidney Beans	1 carton	2 cartons	2 cartons
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Baby Spinach**	40g	60g	80g
Honey	15g	22g	30g
Soured Cream** 7)	75g	150g	150g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	615g	100g	660g	100g
Energy (kJ/kcal)	3101/741	504/120	3930/939	595/142
Fat (g)	19.4	3.2	35.6	5.4
Sat. Fat (g)	10.3	1.7	16.3	2.5
Carbohydrate (g)	115.2	18.7	116.6	17.7
Sugars (g)	24.6	4.0	24.9	3.8
Protein (g)	28.2	4.6	39.5	6.0
Salt (g)	4.06	0.66	6.64	1.01

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

- Boil a half-full kettle.
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.
- Drain and rinse the **kidney beans** in a sieve.



Simmer your Chili

- Stir in the **veg stock paste**, **chopped tomatoes**, **chipotle paste** and **kidney beans** (add less **chipotle** if you prefer things milder).
- Bring to the boil and stir to combine. Lower the heat and simmer until thickened, 5-6 mins.



Cook the Rice

- When boiling, pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Bring on the Spinach

- Once thickened, stir the **spinach** through the **chilli** a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **honey** and **butter** (see pantry).
TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Season to taste with **salt** and **pepper**. Add a splash of **water** to loosen if you'd like.



Pepper Time

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pepper chunks** and stir-fry until softened, 3-4 mins.

CUSTOM RECIPE

If you're adding **chorizo**, add it to the pan with the **pepper**. Fry for the same amount of time, then continue as instructed.



Serve

- Fluff up the **rice** with a fork, then serve in bowls topped with the **chipotle bean chilli**.
- Drizzle the **soured cream** over the top to finish.

Enjoy!