



BEAN CHILLI

with Brown Rice and Citrus Crème Fraîche



HELLO CUMIN

Cumin was used in Ancient Egypt not only as a spice but also as a preservative in mummification!



Brown Rice



Red Onion



Courgette



Cheddar Cheese



Cumin



Tomato Purée



Diced Tomatoes



Mixed Beans



Vegetable Stock Pot



Chipotle Paste



Lime



Crème Fraîche

35 mins

Veggie

5 of your 5 a day

Little Heat

There are few recipes more comforting, or delicious, than a big bowl of chili, piled high over nutty brown rice, and topped with a dollop of zesty crème fraîche and coarsely grated cheddar cheese. Stomach grumbling? Fear not. This veggie recipe is simple enough to rustle up in 35 minutes, making it one of our favourite quick-fix recipes. And after tonight, we're pretty sure it'll be yours too!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Sieve**, **Coarse Grater**, **Frying Pan** (with a **Lid**), **Colander** and **Fine Grater**. Now, let's get cooking!



1 COOK THE RICE

Boil a large saucepan of water on high heat and add a pinch of **salt**. Rinse the **rice** in a sieve under running water for 1 minute. Pop the **brown rice** in the pan of boiling water, turn down the heat to medium and boil for 25 mins. Drain the **rice** in your sieve and return to the pan. Cover with a lid to keep warm and leave off the heat until the **chilli** is ready.



2 PREP THE VEGGIES

Halve, peel and thinly slice the **red onion** into half moons. Quarter the **courgette** lengthways and then chop into 1cm chunks. Grate the **cheddar cheese**.



3 START THE CHILLI

Heat a splash of **olive oil** in a frying pan on medium-low heat. Once hot, add your **onion** with a pinch of **salt** and **pepper**. Stir your **onion** and place a lid on the pan. After 5 mins, take the lid off the pan, add the **cumin**, **courgette** and **tomato purée** and stir everything together.



4 FINISH THE CHILLI

After 1 minute, add the **diced tomatoes** and a pinch of **sugar** (if you have some) and turn the heat to medium. Drain and rinse the **mixed beans** in a colander and add to the pan along with the **vegetable stock pot**. Stir to dissolve the **stock pot**. Lastly, add the **chipotle paste**. **TIP:** Add a little chipotle paste at a time as it's hot! Simmer on low heat for 5-10 mins.



5 MAKE THE ZESTY CREAM

Zest the **lime**. **TIP:** When zesting (i.e. grating) the lime, don't go down to the white part underneath the skin as this tastes bitter. Put the **crème fraîche** into a small bowl, and mix in a pinch of **lime zest** and a squeeze of **lime juice**.



6 SERVE

Serve your **bean chilli** with the **brown rice**, sprinkle the **cheddar cheese** on top and finish with a good dollop of **citrus crème fraîche** and a big squeeze of **lime juice**. **¡Buen provecho!**

2 PEOPLE INGREDIENTS

Brown Rice	150g
Red Onion, sliced	½
Courgette, chopped	1
Cheddar Cheese, grated 7)	30g
Cumin	1½ tsp
Tomato Purée	15g
Diced Tomatoes	1 tin
Mixed Beans	½ tin
Vegetable Stock Pot 9) 12)	½
Chipotle Paste	½ tbsps
Lime	½
Crème Fraîche 7)	1 pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	603	103
(kJ)	2509	431
Fat (g)	24	4
Sat. Fat (g)	15	3
Carbohydrate (g)	73	13
Sugars (g)	15	2
Protein (g)	20	4
Salt (g)	4.22	0.72

ALLERGENS

7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser (Tara Gum), **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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