















Chilli Beef Burrito Bowl

with Rice, Zesty Soured Cream and Baby Gem Salad

Calorie Smart 30 Minutes • Medium Spice • 2 of your 5 a day • Under 600 Calories

25



-  Echalion Shallot
-  Garlic Clove
-  Red Kidney Beans
-  Basmati Rice
-  Beef Mince
-  Chipotle Paste
-  Tomato Passata
-  Beef Stock Paste
-  Lime
-  Baby Plum Tomatoes
-  Baby Gem Lettuce
-  Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Sieve, Saucepan, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Red Kidney Beans	½ carton	¾ carton	1 carton
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Beef Mince**	120g	180g	240g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Beans*	75ml	100ml	150ml
Beef Stock Paste	10g	15g	20g
Lime**	½	1	1
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	2	2
Soured Cream** 7)	50g	75g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	504g	100g
Energy (kJ/kcal)	2496 / 597	495 / 118
Fat (g)	19	4
Sat. Fat (g)	9	2
Carbohydrate (g)	78	16
Sugars (g)	11	2
Protein (g)	26	5
Salt (g)	1.89	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk

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, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

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Get Prepped

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve. Pop **half** of them into a bowl and mash with a fork until broken up.



Simmer

Stir in the **garlic** and **chipotle paste** (add less **chipotle** if you don't like heat). Cook for 1 min, then add the **tomato passata**, **water for the beans** (see ingredients for amount), **beef stock paste** and **kidney beans** (both whole and mashed). Stir to combine, then bring to the boil and simmer until the **chilli** has reduced and thickened, 4-5 mins.

IMPORTANT: *The mince is cooked when no longer pink in the middle.*



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Prep the Sides

Zest and cut the **lime** into **wedges**. Halve the **tomatoes**. Trim the **baby gem**, halve lengthways then thinly slice widthways. Squeeze some **lime juice** into a bowl and add a drizzle of **olive oil**. Season with **salt**, **pepper** and a pinch of **sugar**. Mix together and add the **tomatoes**, mix again. Pop the **soured cream** into a small bowl and add the **lime zest**. Season with **salt** and **pepper** and mix together.



Cook the Chilli

Heat a drizzle of **oil** in a frying pan on high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands after handling raw mince.* Drain and discard any excess fat. Turn the heat down to medium-high then add the **shallot** and season with **salt** and **pepper**. Stir together and cook until the **shallot** has softened, 3-4 mins.



Finish and Serve

When everything is ready, taste the **chilli** and add **salt** and **pepper** if needed. Add the **baby gem** to the **tomatoes** and toss to coat in the **dressing**. Fluff up the **rice** with a fork and divide between bowls. Spoon the **chilli** over the **rice** and serve with the **salad** and **zesty soured cream** on top and any remaining **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.