



# Chilli Beef Burrito Bowl

with Rice, Zesty Soured Cream and Baby Gem Salad

Calorie Smart 30-35 Minutes • Medium Spice • 2 of your 5 a day • Under 650 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!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, sieve, bowl, saucepan, lid, frying pan and fine grater.

## 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	492g	100g
Energy (kJ/kcal)	2445 /584	497 /119
Fat (g)	17.1	3.5
Sat. Fat (g)	7.6	1.6
Carbohydrate (g)	77.5	15.8
Sugars (g)	10.7	2.2
Protein (g)	25.5	5.2
Salt (g)	1.93	0.39

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk

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, 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.

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## Contact

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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 your Sauce

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 reduced and thickened, 4-5 mins.

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

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## 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** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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 Rest

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 small bowl and add a drizzle of **olive oil**. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Mix together, then add the **tomatoes** and mix again.

Pop the **soured cream** into another small bowl and add the **lime zest**. Season with **salt** and **pepper** and mix together.



## Start the Chilli

Heat a drizzle of **oil** in a large 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, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

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 your bowls. Spoon the **chilli** over the **rice**.

Serve with the **salad** and **zesty soured cream** on top and any remaining **lime wedges** for squeezing over.

## Enjoy!