



LENTIL VEGGIE CHILLI

with Zesty Rice and a Tomato & Coriander Salsa



HELLO LENTILS

Like a mini version of a bean, lentils grow in pods and come in red, brown, black, and green varieties.



Onion



Garlic Clove



Kidney Beans



Basmati Rice



Mexican Spice



Tomato Passata



Vegetable Stock Powder



Red Split Lentils



Lime



Vine Tomato



Coriander



Soured Cream



Veggie

35 mins

3 of your 5 a day

Medium heat

When it comes to creating deliciously simple vegetarian recipes, Chef Mimi rarely gets it wrong. Packed with fresh, colourful veg, her take on this classic Veggie Chilli won't disappoint. Packed with lentils and kidney beans and finished off with a tomato and coriander salsa and dollop of creamy soured cream.

MEAL BAG

5

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, two **Large Saucepans (with Lids)**, a **Fine Grater** and **Sieve**. Now, let's get cooking!



1 GET PREPPED

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve.



2 COOK THE RICE

When the pan of **water** is boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on. 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).



3 START THE CHILLI

Meanwhile, heat a drizzle of **oil** in another large saucepan on medium-high heat. Once the **oil** is hot, add the **onion** along with a pinch of **salt** and **pepper**. Cook until the **onion** is soft, stirring occasionally, about 5 mins. Add the **garlic** and **Mexican spice** (use less **spice** if you don't like heat), stir and cook for 1 minute.



4 SIMMER

Add the **tomato passata**, **water** (see ingredients for amount), **stock powder** and **kidney beans** and **red split lentils**. Stir together, bring to the boil, then reduce the heat to medium, cover with a lid and simmer until the **lentils** are tender, about 20 mins. Stir every few mins to ensure the **lentils** aren't sticking to the bottom of the pan.



5 MAKE THE SALSA

While the rice and chilli cook, zest and halve the **lime**. Chop the **tomato** into 2cm chunks and finely chop the **coriander** (stalks and all). Squeeze **half** the **lime juice** into a large bowl and add the **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Stir together, then add the **tomato** and **coriander**. Mix together and leave to the side.



6 FINISH AND SERVE

Once cooked, fluff up the **rice** with a fork and add the **lime zest**. Stir it in. Spoon into bowls, top with the **lentil chilli** and finish with the **tomato** and **coriander salsa** and a dollop of **soured cream**. Cut the remaining **lime** into **wedges** and serve alongside for anyone that likes things extra limey. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Onion *	1	1	2
Garlic Clove *	1	2	2
Kidney Beans	1	1½	2
Basmati Rice	carton	cartons	cartons
Mexican Spice	150g	225g	300g
	1 small pot	¾ large pot	1 large pot
Tomato Passata	1	1½	2
	carton	cartons	cartons
Water for the Chilli*	300ml	450ml	600ml
Vegetable Stock Powder (10)	1	1½	2
	sachet	sachets	sachets
Red Split Lentils	100g	150g	200g
Lime *	1	1	1
Vine Tomato	2	3	4
Coriander *	1 bunch	1 bunch	1 bunch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Soured Cream 7) *	½ pouch	¾ pouch	1 pouch

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 591G	PER 100G
Energy (kcal)	734	124
(kJ)	3071	519
Fat (g)	15	3
Sat. Fat (g)	6	1
Carbohydrate (g)	116	20
Sugars (g)	16	3
Protein (g)	32	6
Salt (g)	2.23	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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