



FAMILIA CHILLI CON CARNE

with Basmati Rice, Avo and Soured Cream



HELLO PEPPER

Peppers are known as capsicum in some parts of the world!



Basmati Rice



Beef Mince



Red Pepper



Kidney Beans



Mexican Spice



Tomato Purée



Beef Stock Powder



Soured Cream



Lime



Coriander



Red Chilli



Cheddar Cheese



Avocado

Hands on: **25** mins
Total: **40** mins

2 of your
5 a day

Family Box

Sombreros at the ready, here comes chilli con carne with all the extras! Beef mince, kidney beans and pepper in a warm spicy sauce all the family will love. Have it your way topped with soured cream, grated cheese, a little guacamole, extra chilli - the choice is yours.

MEAL BAG



BEFORE YOU START

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



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



2 FRY THE BEEF

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **beef mince**, breaking it up with a wooden spoon. Fry until browned, stirring occasionally, 4-5 mins. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Drain and rinse the **kidney beans** in a sieve.



3 SIMMER THE CHILLI

Lower the heat to medium, add the **pepper** and **Mexican spice** to the **beef** and cook, stirring, for 1 minute. Add the **tomato purée**, **kidney beans**, **stock powder**, a pinch of **sugar** (if you have some) and the **water** (see ingredients for amount) and stir. Bring to the boil, stirring occasionally, then reduce the heat and simmer until rich and tomatoey, 10-15 mins. **! IMPORTANT:** *The beef mince is cooked when it is no longer pink in the middle.*



4 PREP THE TOPPINGS

While the **chilli** cooks, pop the **soured cream** into a small bowl and grate in the **lime zest**. Season with a pinch of **salt** and **pepper**. Halve the **lime**. Roughly chop the **coriander**. Halve the **chilli**, deseed and finely chop. Grate the **cheese**. Put the **coriander**, **chilli** and **cheese** in separate small bowls. These are your **toppings!**



5 GUAC ATTACK

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the **stone** then scoop out all of the insides into another small bowl. Add a squeeze of **lime juice** and a pinch of **salt** and **pepper**. Mash together roughly with a fork.



6 SERVE

Fluff up the **rice** and serve in bowls topped with the **chilli con carne**. The **toppings** are up to you - adults may want a bit of everything, while kids may just want some **zesty cream** and **cheese**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Beef Mince *	240g	360g	480g
Red Pepper *	½	¾	1
Kidney Beans	½ carton	¾ carton	1 carton
Mexican Spice	½ pot	¾ pot	1 pot
Tomato Purée *	1 sachet	1 ½ sachets	2 sachets
Beef Stock Powder	½ sachet	¾ sachet	1 sachet
Water for the Chilli*	100ml	150ml	200ml
Soured Cream 7) *	½ pouch	¾ pouch	1 pouch
Lime *	½	¾	1
Coriander *	½ bunch	¾ bunch	1 bunch
Red Chilli *	½	¾	1
Cheddar Cheese 7) *	½ block	¾ block	1 block
Avocado *	½	¾	1

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 420G	PER 100G
Energy (kJ/kcal)	3247 / 776	774 / 185
Fat (g)	37	9
Sat. Fat (g)	15	4
Carbohydrate (g)	70	17
Sugars (g)	6	2
Protein (g)	39	9
Salt (g)	1.27	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH