



# Lentil and Black Bean Chilli

with Zesty Rice, Tomato Salsa and Creme Fraiche

**Classic** 30-35 Minutes • Very Hot • 1 of your 5 a day

19



Red Onion



Garlic Clove



Black Beans



Chipotle Paste



Mexican Style  
Spice Mix



Basmati Rice



Vegetable Stock  
Paste



Sun-Dried  
Tomato Paste



Red Split  
Lentils



Lime



Baby Plum  
Tomatoes



Coriander



Creme Fraiche



Chorizo

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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, saucepan, lid, zester and bowl.

## Ingredients

|                            | 2P       | 3P         | 4P        |
|----------------------------|----------|------------|-----------|
| Red Onion**                | 1        | 1          | 2         |
| Garlic Clove**             | 1        | 2          | 2         |
| Black Beans                | 1 carton | 1½ cartons | 2 cartons |
| Chipotle Paste             | 1 sachet | 1 sachet   | 2 sachets |
| Mexican Style Spice Mix    | 1 sachet | 1 sachet   | 2 sachets |
| Water for the Rice*        | 300ml    | 450ml      | 600ml     |
| Basmati Rice               | 150g     | 225g       | 300g      |
| Water for the Sauce*       | 400ml    | 600ml      | 800ml     |
| Vegetable Stock Paste (10) | 10g      | 15g        | 20g       |
| Sun-Dried Tomato Paste     | 1 sachet | 2 sachets  | 2 sachets |
| Red Split Lentils          | 100g     | 150g       | 200g      |
| Lime**                     | ½        | 1          | 1         |
| Baby Plum Tomatoes         | 125g     | 250g       | 250g      |
| Coriander**                | 1 bunch  | 1 bunch    | 1 bunch   |
| Olive Oil for the Salsa*   | 1 tbsp   | 1½ tbsp    | 2 tbsp    |
| Crema Fraiche** (7)        | 75g      | 150g       | 150g      |
| Chorizo**                  | 60g      | 90g        | 120g      |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 455g        | 100g     |
| Energy (kJ/kcal)        | 3231/772    | 710/170  |
| Fat (g)                 | 21          | 5        |
| Sat. Fat (g)            | 9           | 2        |
| Carbohydrate (g)        | 116         | 25       |
| Sugars (g)              | 10          | 2        |
| Protein (g)             | 27          | 6        |
| Salt (g)                | 2.23        | 0.49     |
| Custom Recipe           | Per serving | Per 100g |
| for uncooked ingredient | 485g        | 100g     |
| Energy (kJ/kcal)        | 3709/886    | 765/183  |
| Fat (g)                 | 30          | 6        |
| Sat. Fat (g)            | 12          | 2        |
| Carbohydrate (g)        | 116         | 24       |
| Sugars (g)              | 10          | 2        |
| Protein (g)             | 35          | 7        |
| Salt (g)                | 3.69        | 0.76     |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery

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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## Get Prepped

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a sieve.



## Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once the **oil** is hot, add the **onion** and season with **salt** and **pepper**. Cook until soft, 4-5 mins, stirring occasionally. Stir in the **garlic**, **chipotle paste** and **Mexican style spice mix** (use less **chipotle** and/or **spice** if you don't like too much heat), then cook for 1 min.

## CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add the **chorizo** to the pan when you add the **onion**. Cook until the **onion** is soft and the **chorizo** is starting to brown, 4-5 mins, stirring occasionally. Then continue as instructed.



## Cook the Rice

Meanwhile, 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 on medium-high heat. 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).



## Simmer the Chilli

Pour the **water for the sauce** (see ingredients for amount) into the **onion** pan, then stir in the **vegetable stock paste**, **sun-dried tomato paste** 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, 20-25 mins. Stir occasionally to ensure the **lentils** aren't sticking to the bottom of the pan. Add the **black beans** to the **chilli** for the final 5 mins of cooking time. **TIP:** Add a splash of water if it's a little thick.



## Make the Salsa

While the **rice** and **chilli** cook, zest and halve the **lime**. Quarter the **tomatoes** and finely chop the **coriander** (stalks and all). Squeeze **half the lime juice** into a medium bowl, then add the **olive oil for the salsa** (see ingredients for amount) and season with **salt** and **pepper**. Mix together, then add the **tomatoes** and **coriander** to the bowl. Stir to combine, then set aside.



## Finish and Serve

When everything is ready, taste the **chilli** and season with **salt** and **pepper** if needed. Fluff up the **rice** with a fork, then stir through the **lime zest** and spoon into your bowls. Top with the **chilli**, a spoonful of the **tomato salsa** and a dollop of **crema fraiche**. Cut the remaining **lime** into **wedges** for squeezing over.

Enjoy!