



Lentil and Kidney Bean Veggie Chilli

with Zesty Rice, Tomato Salsa and Soured Cream

Classic 35 Minutes • Medium Spice • 1 of your 5 a day • Veggie

17



Basmati Rice



Onion



Garlic Clove



Kidney Beans



Chipotle Paste



Mexican Spice



Vegetable Stock Paste



Sun-Dried Tomato Paste



Red Split Lentils



Lime



Baby Plum Tomatoes



Coriander



Soured Cream

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Zester, Garlic Press and Bowls.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	1 sachet	1 sachet	2 sachets
Mexican Spice	1 sachet	1 sachet	2 sachets
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	190g	250g
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Soured Cream 7) **	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	460g	100g
Energy (kJ/kcal)	3035 / 725	660 / 158
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	111	24
Sugars (g)	11	2
Protein (g)	28	6
Salt (g)	2.25	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

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.

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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 of **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 Time

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 colander.



Start the Chilli

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



Simmer

Pour in the **water** for the sauce (see ingredients for amount) 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 **kidney beans** for the final 5 mins, and a splash of **water** if you feel it needs it.



Make the Salsa

While the **rice** and **chilli** cooks, zest and halve the **lime**. Quarter the **tomatoes** and finely chop the **coriander** (stalks and all). Squeeze **half** the **lime juice** into a bowl, add the **olive oil** (see ingredient list for amount) and season with **salt** and **pepper**. Stir together, then add the **tomatoes** and **coriander**. Mix together and keep to one side.



Finish and Serve

Once cooked, fluff up the **rice** with a fork and stir in the **lime zest**. Spoon it 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** 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.