



# Lentil Veggie Chilli

with Zesty Rice

**CLASSIC** 35 Minutes • Medium Heat • 2 of your 5 a day • Veggie

N° 7



Onion



Garlic Clove



Kidney Beans



Basmati Rice



Chipotle Paste



Mexican Spice



Vegetable Stock Powder



Sundried Tomato Paste



Red Split Lentils



Lime



Baby Plum Tomatoes



Coriander



Soured Cream



## Before you start

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

### Basic cooking tools you will need:

Measuring Jug, Saucepan (with a Lid), Fine Grater (or Garlic Press), Colander and Saucepan.

### Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Kidney Beans	1 carton	1½ cartons	2 cartons
Basmati Rice	150g	225g	300g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Mexican Spice	1 pot	1½ pots	2 pots
Water for the Chilli*	400ml	600ml	800ml
Vegetable Stock Powder <b>10</b>	1 sachet	1½ sachets	2 sachets
Sundried Tomato Paste	1 pot	1½ pots	2 pots
Red Split Lentils	100g	150g	200g
Lime**	1	1	1
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Soured Cream <b>7</b>	75g	100g	150g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	518g	100g
Energy (kJ/kcal)	2927 /700	565 /135
Fat (g)	13	3
Sat. Fat (g)	6	1
Carbohydrate (g)	115	22
Sugars (g)	14	3
Protein (g)	31	6
Salt (g)	1.89	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7) Milk 10) Celery**

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Get Prepped

Pour the **water** for the rice (see ingredients for amount), into a saucepan and bring to the boil. While it comes to the boil, 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.



## 4. Simmer

Pour in the **water** (see ingredients for amount), stir in the **vegetable stock powder**, **sun-dried tomato paste** and add the **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 every few mins 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.



## 2. Cook the Rice

When the **water** is boiling, add ¼ tsp of **salt**, 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).



## 5. Make the Salsa

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



## 3. Start the Chilli

Meanwhile, 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 fajita spice** (use less chipotle paste and spice if you don't like heat), stir and cook for 1 minute.



## 6. Finish and Serve

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