



Mild Sausage Chilli

with Soured Cream

FAMILY Hands on Time: 15 Minutes • Total Time: 40 Minutes • Little Heat • 1 of your 5 a day

N° 11



Basmati Rice



Green Pepper



Chives



Cheddar Cheese



Red Chilli



Kidney Beans



Sausage Meat



Smoked Paprika



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



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, Large Saucepan (with a Lid), Coarse Grater, Sieve, Frying Pan, some Baking Paper and a Baking Tray.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Green Pepper**	1	1½	2
Chives**	1 bunch	1 bunch	1 bunch
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Red Chilli**	½	½	½
Kidney Beans	½ carton	¾ carton	1 carton
Sausage Meat 13) 14)**	225g	340g	450g
Smoked Paprika	1 small pot	1 large pot	1 large pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1 carton	1 carton
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Chilli*	50ml	75ml	100ml
Soured Cream 7)**	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	583g	100g
Energy (kJ/kcal)	3473 / 830	595 / 142
Fat (g)	35	6
Sat. Fat (g)	16	3
Carbohydrate (g)	88	15
Sugars (g)	16	3
Protein (g)	38	7
Salt (g)	4.73	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

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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Packed in the UK



1. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan, add ¼ tsp of **salt** 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).



4. Simmer the Chilli

Add the **smoked paprika**, **finely chopped tomatoes**, **chicken stock powder** and **water** (see ingredients for amount) to the pan. Stir to dissolve the **stock powder**. Bring to the boil, reduce the heat and simmer until thickened, 10-12 mins.



2. Do the Prep

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into small pieces. Finely chop the **chives** (or use scissors if you like!). Grate the **cheese**. Halve the **chilli** lengthways, deseed and finely slice. **TIP: Leave the chilli out if you don't like heat.** Drain and rinse the **kidney beans** in a sieve.



5. Prep the Soured Cream

Meanwhile, put the **soured cream** in a small bowl and stir in **half the chives**. Season with **salt** and **pepper**.



3. Start the Chilli

Heat a drizzle of **oil** in a frying pan over medium heat. Once hot, add the **sausage meat** and cook until browned, 5-6 mins. Use a wooden spoon to break it up while it cooks. **IMPORTANT: The sausagemeat is cooked when it is no longer pink in the middle.** Season with **salt** and **pepper**. Add the **pepper** to the pan and cook, stirring, until it starts to soften, another 4-5 mins.



6. Finish and Serve

Taste the **chilli** and add more **salt** and **pepper** if needed. Add the **kidney beans** and bring back to a simmer. **TIP: If there are any bean-haters, keep some of the chilli bean-free.** Serve the **rice** and **chilli** in bowls with a dollop of **soured cream**, a sprinkling of the remaining **chives** and some **sliced red chilli** (for the adults). Sprinkle over the **cheese**.

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.