



# One Pot Veggie Chilli

with Quinoa



## HELLO QUINOA

We cook and eat quinoa like a grain but it's actually the seed of a plant that's related to spinach.



Green Pepper



Carrot



Coriander



Kidney Beans



Cumin



Chilli Powder



Water



Vegetable Stock Pot



Quinoa



Diced Tomatoes



Tomato Purée



Lime



Sour Cream



Cornflour

MEAL BAG

40 mins

Veggie

5 of your 5 a day

One Pot Wonder

Very hot

Presenting to you another versatile HelloFresh 'one pot wonder'! This delicious dish has a bit of a twist - quinoa, cooked in the same pot as the chilli! It provides all the flavours you'd expect from a chilli but with some added nutty texture. Kidney beans and plenty of veggies make it a hearty and nutritious meal. Go for it!



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler**, **Colander**, **Large Saucepan**, **Measuring Jug**, **Fine Grater** and a **Small Bowl**.



### 1 PREP THE VEGGIES

Halve, then remove the core from the **green pepper** and chop it into ½cm cubes. Peel the **carrot** and remove the top and bottom, then chop into ½cm cubes. Roughly chop the **coriander** (stalks and all). Drain and rinse the **kidney beans** in a colander.



### 2 START THE CHILLI

Heat a splash of **oil** in a large saucepan over medium heat. Add the **green pepper** and **carrot**. Gently fry until softened, 3-4 mins. Add the **cumin** and **chilli powder** (go easy if you don't like it too spicy!). Stir to coat and fry for another 30 seconds.



### 3 MAKE IT SAUCY

Add the **water** (amount specified in the ingredient list) to the pan along with the **vegetable stock pot**. Stir to dissolve the **stock pot**, then add the **kidney beans**, **quinoa**, **diced chopped tomatoes** and **tomato purée**. Season with a pinch of **salt** and a good grind of **black pepper** and stir everything together.



### 4 MIX THE SOUR CREAM

Bring the **chilli** to the boil, then reduce the heat to low and simmer. Cook until the **quinoa** is tender, about 15-20 mins, stirring occasionally. ★ **TIP:** *The quinoa is cooked when it is tender, but there is still a bite to the grain.* Meanwhile, **zest the lime** into the **sour cream** together with a pinch of **salt** and a good grind of **black pepper**.



### 5 MIX THE CORNFLOUR

Place the **cornflour** in a small bowl and add an equal amount of cold **water**. Mix with a fork until the **cornflour** has dissolved. ★ **TIP:** *This is called 'slaking' the cornflour. It makes a mixture called a 'slurry' which doesn't sound very appetising but is very helpful for thickening a sauce, soup or stew!*



### 6 FINISH AND SERVE!

Add **three-quarters** of the **coriander** to the **chilli** and stir through. Mix the **slurry** again and add it to the **chilli**, stirring continuously. Gently heat, stirring, until slightly thickened, about 30 seconds. Remove from the heat and serve the **chilli** in bowls topped with some **sour cream**. Sprinkle over the remaining **coriander** and tuck in. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Green Pepper, chopped	1
Carrot, chopped	1
Coriander, chopped	1 bunch
Kidney Beans	1 tin
Cumin	1 tbsp
Chilli Powder	a pinch
Water*	300ml
Vegetable Stock Pot <a href="#">10</a> <a href="#">12</a>	½
Quinoa	120g
Diced Tomatoes	1 carton
Tomato Purée	30g
Lime	1
Sour Cream <a href="#">7</a>	1 pot
Cornflour	½ tbsp

\*Not Included

NUTRITION PER	PER SERVING	PER 100G
Energy (kcal)	598	87
(kJ)	2511	365
Fat (g)	19	3
Sat. Fat (g)	9	1
Carbohydrate (g)	77	11
Sugars (g)	29	4
Protein (g)	23	3
Salt (g)	3.57	1

### ALLERGENS

[7](#)Milk [9](#)Celery [12](#)Sulphites

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

### 👍 THUMBS UP OR THUMBS DOWN?

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