



# Quick Chilli

with Basmati Rice and Soured Cream

**RAPID** 20 Minutes • Medium Spice • 1.5 of your 5 a day

Nº 25



Basmati Rice



Beef Mince



Yellow Pepper



Coriander



Kidney Beans



Mexican Spice



Finely Chopped  
Tomatoes with  
Garlic and Onion



Red Wine Stock Pot



Lime



Soured Cream

## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Frying Pan, Sieve and Measuring Jug.

### Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Yellow Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Spice	1 small sachet	¾ large sachet	1 large sachet
Finely Chopped Tomatoes with Garlic and Onion	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot <b>14</b> )	1 pot	1½ pots	2 pots
Water for the Chilli*	150ml	225ml	300ml
Lime**	½	¾	1
Soured Cream <b>7</b> )**	75g	100g	150g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	659g	100g
Energy (kJ/kcal)	3406 /814	517 /123
Fat (g)	27	4
Sat. Fat (g)	12	2
Carbohydrate (g)	93	14
Sugars (g)	20	3
Protein (g)	44	7
Salt (g)	4.41	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk **14**) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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## 1. Cook the Rice

a) Bring a large saucepan of **water** to the boil with ¼ tsp of **salt**.

b) Add the **rice** and boil until tender, 12-15 mins, then drain in a sieve and return to the pan, off the heat, with the lid on.



## 4. Add the Veggies

a) Add the **pepper** to the **mince**, stir and cook for 2 mins.

b) Stir in **Mexican spice**, **finely chopped tomatoes** and **red wine stock pot**.

c) Add the **kidney beans** and **water** (see ingredients for amount) and bring to the boil.

d) Stir to dissolve the **stock pot**. Lower the heat to medium and simmer until the **sauce** is nice and thick, 8-10 mins. Stir occasionally. **IMPORTANT:** *The mince is cooked when no longer pink.*



## 2. Cook the Beef

a) Meanwhile, heat a splash of **oil** in a frying pan over high heat.

b) Add the **beef mince** and brown all over, 4-5 mins, breaking it up with a spoon as it cooks.



## 5. Make the Zesty Sour Cream

a) Meanwhile zest and then halve the **lime**.

b) Mix the **lime zest** with the **soured cream** and a pinch of **salt**.



## 3. Prep the Veggies

a) Meanwhile, halve the **pepper**, discard the core and seeds, then thinly slice.

b) Roughly chop the **coriander** (stalks and all). Drain and rinse the **kidney beans** in a sieve.



## 6. Finish off

a) Once cooked, stir **half** the **coriander** through the **chilli**. Add **salt** and **pepper** to taste.

b) Share the **rice** between your bowls.

c) Serve the **chilli** on top of the **rice** and finish with a spoonful of **zesty cream**.

d) Sprinkle over the remaining **coriander**.

**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.