



Quick Chilli

with Basmati Rice and Soured Cream

Rapid 20 Minutes • Medium Spice • 1.5 of your 5 a day

12



Basmati Rice



Beef Mince



Bell Pepper



Coriander



Kidney Beans



Mexican Spice



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine Stock Paste



Lime



Soured Cream

Before you start

Cooking tools, you will need:

Saucepan, Frying Pan, Chopping Board, Sharp Knife, Sieve and Bowl.

Ingredients

| | 2P | 3P | 4P |
|-----------------------------------------------|----------------|----------------|----------------|
| Basmati Rice | 150g | 225g | 300g |
| Beef Mince** | 240g | 360g | 480g |
| Bell 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 Onion and Garlic | 1 carton | 1½ cartons | 2 cartons |
| Red Wine Stock Paste 14) | 1 sachet | 1½ sachets | 2 sachets |
| Water for the Chilli* | 150ml | 225ml | 300ml |
| Lime** | ½ | ¾ | 1 |
| Soured Cream 7)** | 75g | 100g | 150g |

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 667g | 100g |
| Energy (kJ/kcal) | 3439/822 | 516/123 |
| Fat (g) | 27 | 4 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 96 | 14 |
| Sugars (g) | 22 | 3 |
| Protein (g) | 44 | 7 |
| Salt (g) | 4.27 | 0.64 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

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.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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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.

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.

IMPORTANT: The mince is cooked when it is no longer pink in the middle. **TIP:** Drain any excess fat from the pan.

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).

d) Drain and rinse the **kidney beans** in a sieve.

4



Add the Veggies

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

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

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

d) Stir to dissolve the **stock paste**.

e) Lower the heat to medium and simmer until the sauce is nice and thick, 8-10 mins. Stir occasionally.

5



Make the Zesty Soured Cream

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

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

6



Finish Off

a) Once cooked, stir **half** the **coriander** through the **chilli**.

b) Add **salt** and **pepper** to taste.

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

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

e) 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.