



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

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

Cooking tools, you will need:

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

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 pot	¾ large pot	1 large pot
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*	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)	3412 / 815	512 / 122
Fat (g)	28	4
Sat. Fat (g)	12	2
Carbohydrate (g)	95	14
Sugars (g)	21	3
Protein (g)	43	7
Salt (g)	4.47	0.67

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

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 You can recycle me!



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.



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**.

e) 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.*



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, breaking it up with a spoon as it cooks, 4-5 mins. Drain any excess fat from the pan. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



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**.



Prep the Veggies

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

b) Roughly chop the **coriander** (stalks and all).

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



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.