



# Quick Chilli

with Basmati Rice and Soured Cream

**Rapid** 20 Minutes • Little Spice • 2 of your 5 a day

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Basmati Rice



Beef Mince



Bell Pepper



Coriander



Kidney Beans



Mexican Style Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Paste



Soured Cream

## Before you start

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

## Cooking tools, you will need:

Large Saucepan,

## 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 Style Spice Mix	2 sachets	2 sachets	4 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Soured Cream <b>7)**</b>	75g	120g	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
<b>for uncooked ingredient</b>	<b>657g</b>	<b>100g</b>
Energy (kJ/kcal)	3474/830	529/126
Fat (g)	28	4
Sat. Fat (g)	13	2
Carbohydrate (g)	95	15
Sugars (g)	21	3
Protein (g)	42	6
Salt (g)	4.83	0.74

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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## 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 style spice mix, finely chopped tomatoes** and **red wine stock paste**.

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



## 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:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.

**c)** Once browned, drain and discard any excess fat.



## Simmer

**a)** Lower the heat to medium and simmer until the sauce has thickened, 8-10 mins. Stir occasionally.

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

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



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

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

**c)** 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.