



Quick Chilli Con Carne with Basmati Rice

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

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Basmati Rice



Ground Cumin



Beef Mince



Bell Pepper



Kidney Beans



Mexican Style Spice



Finely Chopped
Tomatoes with
Onion and Garlic



Beef Stock Paste



Cheddar Cheese

Before you start

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

Cooking tools, you will need:

Saucepan, Sieve, Lid, Frying Pan, Wooden Spoon, Measuring Jug, Grater, Bowl.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Ground Cumin	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Bell Pepper***	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Water*	150ml	225ml	300ml
Cheddar Cheese 7)**	30g	45g	60g

*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	619g	100g
Energy (kJ/kcal)	3369/805	544/130
Fat (g)	27	4
Sat. Fat (g)	12	2
Carbohydrate (g)	87	14
Sugars (g)	15	2
Protein (g)	46	7
Salt (g)	4.01	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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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) When boiling, add the **rice** and **ground cumin**.

c) Boil for 12 mins. Drain in a sieve, pop back into the pan, cover with a lid and leave to the side until ready to serve.



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. **TIP:** Drain off any excess fat if necessary.



Prep the Veggies

a) Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.

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



Add the Veggies

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

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

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

d) 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.



Finish Off

a) Meanwhile, grate the **cheese** and set aside.



Serve

a) Once cooked, season the **chilli** with **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 sprinkle of **cheese**.

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.