



# Quick Chilli Con Carne

with Basmati Rice and Cheddar Cheese

**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 Mix



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, Lid, Sieve, 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 Mix	2 sachets	2 sachets	4 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Cheddar Cheese 7)**	30g	45g	60g
Water*	150ml	225ml	300ml

\*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>622g</b>	<b>100g</b>
Energy (kJ/kcal)	3384 / 809	544 / 130
Fat (g)	27	4
Sat. Fat (g)	12	2
Carbohydrate (g)	88	14
Sugars (g)	15	2
Protein (g)	46	7
Salt (g)	4.24	0.68

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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HelloFresh 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 mix**, **finely chopped tomatoes** and **beef stock**.

**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 thick, 8-10 mins. Stir occasionally.

**IMPORTANT:** The mince is cooked when no longer pink in the middle.



## 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.