

Quick Chilli Con Carne

with Basmati Rice and Cheddar Cheese

Rapid

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





Basmati Rice



Ground Cumin









Bell Pepper

Kidney Beans





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

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 **Ctore in the Fridge *** Pased on season				

*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	622g	100g
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

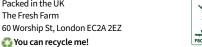
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Cook the Rice

- a) Bring a large saucepan of water to the boil with 1/4 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.