



Quick Chilli Con Carne

with Basmati Rice and Cheddar Cheese

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

13



Basmati Rice



Ground Cumin



Beef Mince



Onion



Bell Pepper



Garlic Clove



Kidney Beans



Mexican Style
Spice Mix



Finely Chopped
Tomatoes



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, Frying Pan, Garlic Press, Measuring Jug and Grater.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Ground Cumin	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Onion**	1	1	1
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml
Cheddar Cheese**	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	675g	100g
Energy (kJ/kcal)	3409 /815	505 /121
Fat (g)	26	4
Sat. Fat (g)	12	2
Carbohydrate (g)	90	13
Sugars (g)	17	2
Protein (g)	46	7
Salt (g)	2.88	0.43

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

Packed in the UK

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Cook the Rice

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt**.

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

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



Add the Veggies

a) Add the **onion** to the **beef**, stir together and cook until starting to soften, 2-3 mins.

b) Add the **pepper**, stir and cook for 2 mins.

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

Add the **kidney beans**, **sugar** and **water for the sauce** (see ingredients for both amounts) 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.*



Cook the Beef

a) Meanwhile, heat a splash of **oil** in a frying pan over high heat.

b) When hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: *Wash your hands after handling raw mince.*



Finish Off

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



Prep the Veggies

a) Meanwhile, halve, peel and thinly slice the **onion**.

b) Halve the **pepper** and discard the core and seeds. Slice into thin strips.

c) Peel and grate the **garlic** (or use a garlic press).

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



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.