

# Sausage and Bean Chilli

with Easy Rice

RAPID 15 Minutes • Medium Heat • 1 of your 5 a day







Pork Sausage Meat





Kidney Beans



Coriander





Mexican Spice Mix





Green Chilli



Chicken Stock Powder



Steamed Basmati Rice



Soured Cream

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

#### Basic cooking tools, you will need:

Frying Pan and Sieve.

#### Ingredients

	2P	3P	4P	
Pork Sausage Meat 13) 14)**	225g	340g	450g	
Kidney Beans	1 carton	1½ cartons	2 cartons	
Coriander**	1 bunch	1 bunch	1 bunch	
Green Chilli**	1	1	1	
Mexican Spice Mix	1 pot	1½ pots	2 pots	
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons	
Chicken Stock Powder	1 sachet	2 sachets	2 sachets	
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches	
Soured Cream 7)**	75g	100g	150g	
*Not Included ** Store in the Fridge				

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	607g	100g
Energy (kJ/kcal)	2998 /717	494/118
Fat (g)	31	5
Sat. Fat (g)	12	2
Carbohydrate (g)	68	11
Sugars (g)	15	2
Protein (g)	36	6
Salt (g)	4.81	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

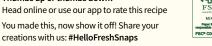
7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

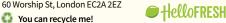
#### Contact

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



Packed in the UK

HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ





# 1. Start Cooking

- a) Heat a splash of oil in a frying pan over medium high heat.
- b) When hot, add the sausage meat and brown all over, 3-4 mins. Break it up with a spoon as it cooks.



# 2. Prep Time

- a) Meanwhile, drain and rinse the kidney beans.
- **b)** Roughly chop the **coriander** (stalks and all).
- c) Halve the chilli lengthways, deseed then slice thinly.



## 3. Simmer the Sauce

- a) When the sausage meat is browned add the **Mexican spice mix** and cook for 1 minute.
- b) Stir in the chopped tomatoes and chicken stock powder.
- c) Simmer until the sausagemeat is cooked through, 5-6 mins. IMPORTANT: The sausagemeat is cooked when no longer pink in the middle.



# 4. Cook the Rice

a) Cook the rice according to pack instructions.



## 5. Add the Beans

- a) Stir the beans into the sauce and simmer until piping hot, 1 minute.
- **b)** Taste and add **salt** and **pepper** if necessary.
- c) Get ready to serve.



### 6. Serve

- a) Share the rice between your bowls.
- b) Spoon the sauce on top of the rice.
- c) Finish with a dollop of sour cream, a sprinkle of **coriander** and for those who like things spicy, some green chilli.

## **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.