



Sausage and Bean Chilli

with Easy Rice

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

N° 15



Pork Sausage Meat



Kidney Beans



Coriander



Green Chilli



Mexican Spice Mix



Finely Chopped
Tomatoes with
Onion and Garlic



Chicken
Stock Powder



Steamed Basmati Rice



Soured Cream

Before you start

Our fruit, veggies and herbs need a wash before you 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

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Packed in the UK



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 **sausage meat** is cooked through, 5-6 mins. **IMPORTANT:** The **sausage meat** 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.