



Sausage and Bean Chilli

with Easy Rice and Soured Cream

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

14



Basmati Rice



Pork and Oregano Sausage Meat



Black Beans



Green Chilli



Mexican Style Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Soured Cream

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Pork and Oregano Sausage Meat** (14)	225g	340g	450g
Black Beans	1 cartons	1½ cartons	2 cartons
Green Chilli**	½	¾	1
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
	547g	100g
Energy (kJ/kcal)	3397 /812	621 /148
Fat (g)	30.2	5.5
Sat. Fat (g)	13.3	2.4
Carbohydrate (g)	93.6	17.1
Sugars (g)	14.1	2.6
Protein (g)	31.4	5.7
Salt (g)	5.11	0.93

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Cook the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

2



Get Frying

- While the **rice** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat.
 - Once hot, add the **sausage meat** and fry 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 and equipment after handling raw meat.

3



Prep Time

- Meanwhile, drain and rinse the **black beans** in a sieve.
- Halve the **chilli** lengthways, deseed, then thinly slice (see ingredients for amount).

4



Simmer the Chilli

- When the **sausage meat** is browned, add the **Mexican style spice mix** and cook for 1 min.
 - Stir in the **chopped tomatoes**, a pinch of **sugar** (if you have any) and the **chicken stock paste**.
 - Simmer until the mixture is thickened and the **sausage meat** is cooked through, 5-6 mins.
- IMPORTANT:** The sausage meat is cooked when no longer pink in the middle.

5



Add the Beans

- Stir the **beans** into the **chilli** and simmer until piping hot, 1 min.
- Taste and add **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.

6



Finish and Serve

- When ready, fluff up the **rice** with a fork, then share between your bowls.
- Spoon the **chilli** on top of the **rice** and finish with a dollop of **soured cream**.
- Sprinkle over the **chopped chilli** for those who'd like some more heat.

Enjoy!