

# Sausage and Bean Chilli

with Easy Rice and Coriander

FAMILY Hands on Time: 15 Minutes • Total Time: 15 Minutes • Medium Heat • 1 of your 5 a day









Kidney Beans



Coriander



Green Chilli



Mexican Spice Mix





Chicken Stock Powder





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           Pork Sausage Meat 13) 14)**         225g         340g           Kidney Beans**         1 carton         1½ cartons         2	4P 450g cartons
13) 14)** 225g 340g	cartons
Kidney Beans** 1 carton 1½ cartons 2	
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Coriander** 1 bunch 1 bunch 1	1 bunch
Green Chilli** 1 1	1
Mexican Spice Mix 1 pot 1½ pots	2 pots
Finely Chopped Tomatoes with 1 carton 1½ cartons 2 Onion and Garlic	cartons
Chicken Stock Powder 1 sachet 1½ sachets 2	sachets
Steamed Basmati 1 pouch 1½ pouches 2 Rice	pouches
Soured Cream <b>7)</b> ** 75g 100g	150g

#### **Nutrition**

\*Not Included \*\* Store in the Fridge

	Per serving	Per 100g
for uncooked ingredients	605g	100g
Energy (kJ/kcal)	2985 /714	493/118
Fat (g)	32	5
Sat. Fat (g)	13	2
Carbohydrate (g)	67	11
Sugars (g)	14	2
Protein (g)	36	6
Salt (g)	4.76	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

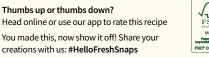
7) Milk 13) Gluten 14) Sulphites

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

Heat a splash of **oil** in a frying pan over medium high heat. 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

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



## 3. Simmer the Sauce

When the sausage meat is browned add the Mexican spice mix and cook for 1 minute. Stir in the chopped tomatoes and chicken stock powder. 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

Cook the **rice** according to pack instructions.



5. Add the Beans

Stir the **beans** into the **sauce** and simmer until piping hot, one minute. Taste and add salt and **pepper** if necessary. Get ready to serve.



## 6. Serve

Share the **rice** between your bowls. Spoon the sauce on top of the rice. Finish with a dollop of soured 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.