



Veggie Bean Chilli

with Easy Rice and Soured Cream

Family 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie

11



Red Onion



Green Pepper



Coriander



Black Beans



Basmati Rice



Mexican Style Spice Mix



Tomato Puree



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



BBQ Sauce



Soured Cream



Lime



Baby Spinach

Before you start

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

Cooking tools

Saucepan, Sieve, Frying Pan, Bowl and Fine Grater.

Ingredients

	2P	3P	4P
Red Onion**	1	1	1
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Black Beans	1 carton	1½ cartons	2 cartons
Basmati Rice	150g	225g	300g
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Vegetable Stock Paste 10	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
BBQ Sauce 13	32g	48g	64g
Soured Cream** 7	75g	120g	150g
Lime**	½	1	1
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	727g	100g
Energy (kJ/kcal)	2655/635	365/87
Fat (g)	11	1
Sat. Fat (g)	5	1
Carbohydrate (g)	107	15
Sugars (g)	22	3
Protein (g)	21	3
Salt (g)	4.18	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

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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Packed in the UK

The Fresh Farm

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Prep the Veg

- Bring a medium saucepan of **water** to the boil with **¼ tsp salt**.
- Halve, peel and thinly slice the **red onion**.
- Halve the **green pepper**, remove and discard the core and seeds. Chop into small chunks.
- Roughly chop the **coriander** (stalks and all). Drain and rinse the **black beans** in a sieve.



Simmer the Chilli

- Add the **Mexican style spice mix** and **tomato puree**. Cook, stirring, for 1 min.
- Stir in the **veg stock paste**, **finely chopped tomatoes**, **BBQ sauce** and **black beans**. Add a pinch of **sugar** if you have some.
- Bring to the boil and stir to combine. Lower the heat and simmer until thickened, 5-6 mins.



Cook the Rice

- When the **water** is boiling, add the **rice** and cook for 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.



Make the Cream

- Meanwhile, put the **soured cream** into a small bowl.
- Grate in the **lime zest**, mix well and season to taste with **salt** and **pepper**.
- Chop the **lime** into wedges.



Start the Chilli

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Add the **red onion** and cook, stirring occasionally until starting to soften, 2 mins.
- Add the **pepper** and cook, stirring occasionally, for another 3 mins.



Serve

- Stir the **spinach** through the **chilli**, a handful at a time until wilted and piping hot, 2-3 mins.
- Season the **chilli** to taste with **salt** and **pepper**. Add a splash of **water** to loosen if you like.
- Serve the **rice** in bowls topped with the **veggie chilli**.
- Add a spoonful of the **zesty soured cream** and a sprinkle of **coriander**. Finish with the **lime wedges** for squeezing over.

Enjoy!