



# Veggie Bean Chilli

with Easy Rice and Zesty Creme Fraiche

**Rapid** 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie

17



Bell Pepper



Red Kidney Beans



Basmati Rice



Mexican Style  
Spice Mix



Tomato Puree



Vegetable Stock  
Powder



Finely Chopped  
Tomatoes with  
Onion and Garlic



BBQ Sauce



Creme Fraiche



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, lid, sieve, frying pan, bowl and fine grater.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Red Kidney 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 Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
BBQ Sauce <b>13)</b>	32g	48g	64g
Crema Fraiche** <b>7)</b>	75g	150g	150g
Lime**	½	1	1
Baby Spinach**	100g	100g	200g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>673g</b>	<b>100g</b>
Energy (kJ/kcal)	2786 /666	414 /99
Fat (g)	16	2
Sat. Fat (g)	8	1
Carbohydrate (g)	102	15
Sugars (g)	21	3
Protein (g)	21	3
Salt (g)	3.91	0.58

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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## Prep the Veg

- Bring a medium saucepan of **water** to the boil with **¼ tsp salt**.
- Halve the **pepper**, remove and discard the core and seeds. Chop into small chunks.
- Drain and rinse the **kidney beans** in a sieve.



## Cook the Rice

- When the **water** is boiling, add the **rice** to the pan 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.



## Fry the Pepper

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **pepper** and cook, stirring occasionally, for 3 mins.



## Simmer the Chili

- Add the **Mexican style spice mix** and **tomato puree** to your pan. Cook, stirring, for 1 min.
- Stir in the **veg stock powder**, **finely chopped tomatoes**, **BBQ sauce** and **kidney 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.



## Zest it Up

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



## 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 crema fraiche** and finish with the **lime wedges** for squeezing over.

Enjoy!