



Veggie Bean Chilli

with Easy Rice and Zesty Creme Fraiche

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

18



Green Pepper



Mixed Beans



Basmati Rice



Mexican Style
Spice Mix



Tomato Puree



Vegetable Stock
Paste



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

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

Ingredients

| | 2P | 3P | 4P |
|---|-----------|------------|-----------|
| Green Pepper** | 1 | 2 | 2 |
| Mixed 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 | 32g | 48g | 64g |
| Creme Fraiche** 7 | 75g | 150g | 150g |
| Lime** | ½ | 1 | 1 |
| Baby Spinach** | 100g | 100g | 200g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 669g | 100g |
| Energy (kJ/kcal) | 2710 /648 | 405 /97 |
| Fat (g) | 16 | 2 |
| Sat. Fat (g) | 8 | 1 |
| Carbohydrate (g) | 98 | 15 |
| Sugars (g) | 20 | 3 |
| Protein (g) | 22 | 3 |
| Salt (g) | 3.81 | 0.57 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

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

- Boil a full kettle.
- Halve the **green pepper** and discard the core and seeds. Chop into small chunks.
- Drain and rinse the **mixed beans** in a sieve.



Simmer the Chilli

- Add the **Mexican style spice mix** and **tomato puree** to your pan. Cook, stirring, for 1 min.
- Stir in the **veg stock paste, finely chopped tomatoes, BBQ sauce** and **mixed 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 boiling, pour the **water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- When 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 Zesty Cream

- Meanwhile, put the **creme 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**.



Pepper Time

- 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.



Finish and 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 creme fraiche** and finish with the **lime wedges** for squeezing over.

Enjoy!