



VEGGIE CHILLI

with Brown Rice



HELLO CUMIN

Cumin was used in Ancient Egypt not only as a spice but also as a preservative in mummification!



Red Onion



Green Pepper



Coriander



Mixed Beans



Smoked Paprika



Ground Cumin



Tomato Purée



Worcester Sauce



Vegetable Stock Powder



Finely Chopped Tomatoes with Garlic & Onion



Brown Basmati Rice



Soured Cream



Lime



Baby Spinach

MEAL BAG

20 mins

4 of your 5 a day

Medium heat

Rapid recipe

Veggie

Bright, healthy, delicious. Not only is this veggie chilli on the table in 20 minutes flat, it is also bursting with ingredients that will nourish you from the inside out. Piled high over brown rice, and served with a dollop of zesty sour cream (Chef Mimi's favourite!), freshly chopped coriander and a good squeeze of lime, you can't go wrong with this brilliant weeknight recipe.

GET **PREPARED!**

Fill and boil your **Kettle**

BEFORE YOU START

- 🔥 Fill and boil your **Kettle**. Let's start cooking the **Veggie Chilli with Brown Rice**.
- 🧼 Wash the veggies.
- 🍴 Make sure you've got two **Large Saucepans**, a **Sieve** and **Fine Grater**.



1 PREP THE VEG

- Halve, peel and thinly slice the **red onion**.
- Halve the **pepper**, remove and discard the core. Chop into small chunks.
- Roughly chop the **coriander** (stalks and all), drain and rinse the **mixed beans** in the sieve.



4 COOK THE RICE

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



2 START THE CHILLI

- Heat a splash of **oil** in another large saucepan on medium-high heat.
- Add the **red onion**, cook, stirring for 2 mins.
- Add a pinch of **sugar** if you have some.
- Add the **pepper** and cook, stirring, for another 3 mins.



5 MAKE THE SOURED CREAM

- Meanwhile, pour the **soured cream** into a small bowl.
- Grate in the **lime zest** and add a pinch of **salt** and **pepper**.
- Mix together well.
- Chop the **lime** into wedges.



3 SIMMER THE CHILLI

- Add the **smoked paprika**, **ground cumin**, **tomato purée** and **Worcester sauce**. Cook for 30 seconds.
- Stir in the **stock powder**, **finely chopped tomatoes** and **mixed beans**.
- Bring to the boil, stir to dissolve the **stock powder**, lower the heat and simmer until thick, 5-6 mins.



6 SERVE

- Stir the **spinach** through the **chilli**, one handful at a time, until wilted.
- Serve the **brown rice** in bowls topped with the **veggie chilli**, a drizzle of **lime soured cream** and a sprinkling of **coriander**.
- Finish with the **lime wedges** for squeezing over.

Enjoy!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1	1
Green Pepper *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1½ cartons	2 cartons
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Ground Cumin	1 small pot	¾ large pot	1 large pot
Tomato Purée *	1 sachet	1 sachet	2 sachets
Worcester Sauce	½ sachet	¾ sachet	1 sachet
Vegetable Stock Powder 10)	½ sachet	1 sachet	1 sachet
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Steamed Brown Basmati Rice	1 pack	1½ packs	2 packs
Soured Cream 7) *	½ pouch	¾ pouch	1 pouch
Lime *	½	1	1
Baby Spinach	1 small bag	1 small bag	1 large bag

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 730G	PER 100G
Energy (kJ/kcal)	2017 / 482	276 / 66
Fat (g)	13	2
Sat. Fat (g)	6	1
Carbohydrate (g)	64	9
Sugars (g)	23	3
Protein (g)	20	3
Salt (g)	2.58	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery

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

👍 THUMBS UP OR THUMBS DOWN?

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