



# Veggie Packed Chilli

with Brown Rice

**RAPID** 20 Minutes • Medium Heat • 2.5 of your 5 a day • Veggie

N° 16



Red Onion



Green Pepper



Coriander



Mixed Beans



Mexican Spice



Tomato Puree



Vegetable Stock Powder



Finely Chopped Tomatoes with Onion and Garlic



BBQ Sauce



Steamed Brown Basmati Rice



Soured Cream



Lime



Baby Spinach

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Colander, Large Saucepan and Fine Grater

### Ingredients

	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
Mexican Spice	1 sachet	2 sachets	2 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>	1 sachet	2 sachets	2 sachets
Steamed Brown Basmati Rice	1 pack	1½ packs	2 packs
Soured Cream <b>7</b> **	75g	100g	150g
Lime**	½	1	1
Baby Spinach**	1 small bag	1 small bag	1 large bag

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	739g	100g
Energy (kJ/kcal)	2195 / 525	297 / 71
Fat (g)	12	2
Sat. Fat (g)	6	1
Carbohydrate (g)	74	10
Sugars (g)	27	4
Protein (g)	21	3
Salt (g)	3.50	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 10) Celery 13) Gluten

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. Prep the Veg

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



## 4. Cook the Rice

- Meanwhile, cook the **rice** according to pack instructions.



## 2. Start the Chilli

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



## 5. Make the Cream

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



## 3. Simmer the Chilli

- Add the **Mexican Spice mix** and **tomato puree**. Cook, stirring, for 1 min.
- Stir in the **veg stock powder**, **finely chopped tomatoes with onion and garlic**, **bbq sauce** and **mixed beans**. Add a pinch of **sugar** if you have some.
- Bring to the boil, stir to dissolve the **stock powder**, lower the heat and simmer until thickened, 5-6 mins.



## 6. Serve

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

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.