



Veggie Packed Beany Stew with Rice and Lime Crema

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

Nº 22



Basmati Rice



Red Onion



Green Pepper



Coriander



Mixed Beans



Smoked Paprika



Ground Cumin



Tomato Puree



Worcester Sauce



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Soured Cream



Lime



Baby Spinach

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Sieve, Bowl and Grater.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Red Onion**	1	1	1
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1½ carton	2 cartons
Smoked Paprika	1 sachet	1 sachet	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1 sachet	2 sachets
Worcester Sauce	½ sachet	¾ sachet	1 sachet
13)			
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ carton	2 cartons
Soured Cream 7) **	75g	120g	150g
Lime**	½	1	1
Baby Spinach**	100g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	652g	100g
Energy (kJ/kcal)	2480/593	380/91
Fat (g)	11	2
Sat. Fat (g)	5	1
Carbohydrate (g)	96	15
Sugars (g)	21	3
Protein (g)	23	4
Salt (g)	3.14	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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You can recycle me!



Cook the Rice

Pour the cold **water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Simmer the Stew

Add the **smoked paprika**, **ground cumin**, **tomato puree** and **Worcester sauce**. Cook for 30 seconds. Stir in the **veg stock paste**, **finely chopped tomatoes** and **mixed beans**. Bring to the boil then lower the heat and simmer until thickened, 5-6 mins.



Prep the Veg

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 **mixed beans**.



Make your Lime Crema

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**.



Start the Stew

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



Serve

Just before you are ready to serve, stir the **spinach** into the **stew** one handful at a time until wilted, 2-3 mins. Fluff and share the **rice** between your bowls and top with the **veggie stew**, a drizzle of **lime crema** 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.