



# Veggie Packed Chilli

with Basmati Rice and Zesty Soured Cream

**Rapid** 20 Minutes • Little Spice • 2 of your 5 a day • Veggie

N° 22



Red Onion



Green Pepper



Coriander



Black Beans



Basmati Rice



Mexican Style Spice



Tomato Puree



Vegetable Stock Paste



Finely Chopped Tomatoes



BBQ Sauce



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, Colander, Sieve, Zester and Bowls.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	1
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Black Beans	1 carton	1½ carton	2 cartons
Basmati Rice	150g	225g	300g
Mexican Style Spice	2 sachets	2 sachets	4 sachets
Tomato Puree	1 sachet	1½ sachet	2 sachets
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Finely Chopped Tomatoes	1 carton	1½ carton	2 cartons
BBQ Sauce <b>13</b>	1 sachet	1½ sachet	2 sachets
Soured Cream <b>7</b> **	75g	120g	150g
Lime**	½	1	1
Baby Spinach**	100g	150g	200g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	670g	100g
Energy (kJ/kcal)	2546/608	380/91
Fat (g)	10	2
Sat. Fat (g)	5	1
Carbohydrate (g)	103	15
Sugars (g)	20	3
Protein (g)	19	3
Salt (g)	2.78	0.41

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**  
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1



## Prep the Veg

- Bring a medium saucepan of **water** to the boil with ¼ tsp of **salt**.
- 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 **black beans** in a colander.

4



## Simmer the Chilli

- Add the **Mexican style spice** and **tomato puree**. Cook, stirring, for 1 min.
- Stir in the **veg stock paste**, **finely chopped tomatoes** with **onion** and **garlic**, **BBQ sauce** and **black beans**. Add a pinch of **sugar** if you have some.
- Bring to the boil, stir to combine, lower the heat and simmer until thickened 5-6 mins.

2



## Cook the Rice

- When the **water** is boiling, add the **rice** and cook for 12 mins.
- Once cooked, drain in a sieve, cover with a lid and set aside.

5



## Make the Cream

- Meanwhile, 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



## Start the Chilli

- Meanwhile, 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.

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 **rice** in bowls topped with the **veggie chilli**.
- Add a drizzle of the **zesty soured 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.