



# Kidney Bean Chilli

with rice and coriander garnish

Veggie Calorie Smart 25-30 mins

10



Red Kidney Beans



Onion



Garlic



Bell Pepper



Mexican Style Spice Mix



Chilli



Creme Fraiche



Vegetable Stock



Chopped Tomatoes



Coriander



Rice

Pantry Items: Oil, Salt, Pepper, Water, Sugar

## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid, sieve

## Ingredients

	2P	4P
Red Kidney Beans	1 pack	2 packs
Onion	1 unit	2 units
Garlic	2 units	4 units
Bell Pepper	1 unit	2 units
Mexican Style Spice Mix	2 sachets	4 sachets
Chilli	1 unit	2 units
Creame Fraiche	125 g	250 g
Vegetable Stock	1 sachet	2 sachets
Chopped Tomatoes	1 pack	2 packs
Coriander	5 g	10 g
Rice	150 g	300 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	693.5 g	100 g
Energy (kJ/kcal)	3054.3 kJ/ 730 kcal	440.4 kJ/ 105.3 kcal
Fat (g)	19.3 g	2.8 g
Sat. Fat (g)	10.3 g	1.5 g
Carbohydrate (g)	109 g	15.7 g
Sugars (g)	20.6 g	3 g
Protein (g)	24.7 g	3.6 g
Salt (g)	2.5 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

## Contact

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### Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins then remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



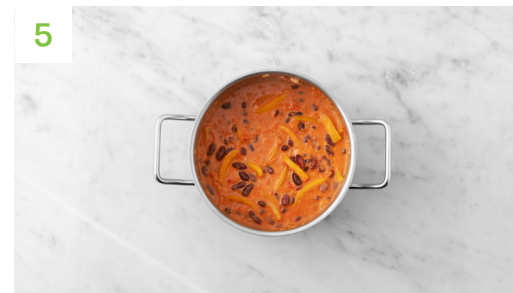
### Simmer the Chilli

- Add the drained **beans**, **stock powder**, **chopped tomatoes** and **chilli** (use less if you don't like spice) to the pot.
- Stir to combine.
- Cover and simmer for 8-10 mins.
- Stir every so often to prevent sticking.



### Get Prepped

- Meanwhile, drain and rinse the **kidney beans** in a sieve.
- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **onion** into small pieces.
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



### Finishing Touches

- Stir **half the creme fraiche** into the pot and allow to warm through, 1-2 mins.
- Add a splash of **water** if a looser consistency is desired.
- Season to taste with **salt**, **pepper** and **sugar**.



### Soften the Veg

- Place a large pot over high heat with a drizzle of **oil**.
- Once hot, fry the **onion**, **garlic** and **pepper** until softened, stirring occasionally, 4-5 mins.
- Lower the heat to medium-high, add the **Mexican spice mix** and fry until fragrant, 1 min.



### Garnish and Serve

- Pick the **coriander** leaves (discard the stalks).
- Divide the **kidney bean chilli** between bowls.
- Fluff up the **rice** with a fork and serve alongside.
- Garnish with a sprinkling of **coriander** leaves.
- Top everything off with a dollop of remaining **creme fraiche**.

Enjoy!