



Quick Chilli con Carne

with cheesy topping and fluffy rice

Family 20-25 mins

4



Beef Mince



Rice



Ground Cumin



Bell Pepper



Red Kidney Beans



Mexican Style Spice Mix



Chopped Tomato with Onion & Garlic



Beef Stock



Grated Cheese



Dried Chilli Flakes

Pantry Items: Water, Salt, Pepper, Oil



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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

Pot with lid, sieve

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Rice	150 g	300 g
Ground Cumin	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Red Kidney Beans	1 pack	2 packs
Mexican Style Spice Mix	2 sachets	4 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Beef Stock	1 sachet	2 sachets
Grated Cheese	50 g	100 g
Dried Chilli Flakes	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	715 g	100 g
Energy (kJ/kcal)	3977 kJ/ 951 kcal	556 kJ/ 133 kcal
Fat (g)	31.3 g	5 g
Sat. Fat (g)	15.1 g	2.4 g
Carbohydrate (g)	104.9 g	14.7 g
Sugars (g)	17.7 g	2.1 g
Protein (g)	53.1 g	7.6 g
Salt (g)	3.9 g	0.6 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.

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1 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 **cumin** then bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



2 Fry the Beef

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Drain and rinse the **kidney beans** in a sieve.
- Place a pan over medium-high heat (without oil).
- Once hot, fry the **beef mince** until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince. Season with **salt** and **pepper**.



3 Simmer the Sauce

- Add the **bell pepper** to the pan (with a drizzle of **oil** if necessary).
- Cook, stirring, until slightly softened, 2 mins.
- Stir in the **Mexican spice mix**, **chopped tomatoes** and **kidney beans**.
- Add the **beef stock powder** and 75ml **water** (double for 4p). Bring to the boil.
- Lower heat to medium and simmer until the sauce is nice and thick, 8-10 mins. Stir occasionally to prevent sticking. **IMPORTANT:** Mince is cooked when no longer pink in the middle.



4 Finish and Serve

- Once cooked, season to taste with **salt** and **pepper**. Loosen the sauce with a splash of **water** if necessary.
- Stir in as many **dried chilli flakes** as you like (use less if you don't like spice).
- Fluff up the **cumin rice** and share between bowls.
- Serve the **chilli con carne** on top of the **rice** and finish with a sprinkling of **cheese**.

Enjoy!