



Tofu and Black Bean Chipotle Chilli

with peas and rice

Veggie Quick Cook 20 – 25 mins • Spicy

21



Rice



Ground Cumin



Mexican Style Spice Mix



Chopped Tomato with Onion & Garlic



Dried Chilli Flakes



Garlic



Black Beans



Peas



Scallion



Tofu



Vegetable Stock



Chipotle Paste

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



Rate your recipe!

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, pan with lid, pot with lid, sieve

Ingredients

	2P	4P
Rice	150 g	300 g
Ground Cumin	1 sachet	2 sachets
Mexican Style Spice Mix	2 sachets	4 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Dried Chilli Flakes	1 sachet	2 sachets
Garlic	2 units	4 units
Black Beans	1 pack	2 packs
Peas	120 g	240 g
Scallion	1 unit	2 units
Tofu	180 g	360 g
Vegetable Stock	1 sachet	2 sachets
Chipotle Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	648 g	100 g
Energy (kJ/kcal)	3092 kJ/ 739 kcal	477.2 kJ/ 114 kcal
Fat (g)	11.9 g	1.8 g
Sat. Fat (g)	1.9 g	0.3 g
Carbohydrate (g)	106.3 g	16.4 g
Sugars (g)	18.4 g	2.8 g
Protein (g)	36.6 g	5.6 g
Salt (g)	4.8 g	0.7 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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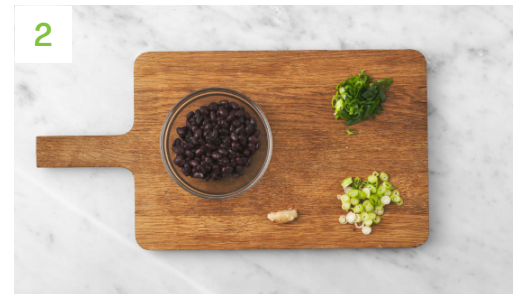
Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** 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).



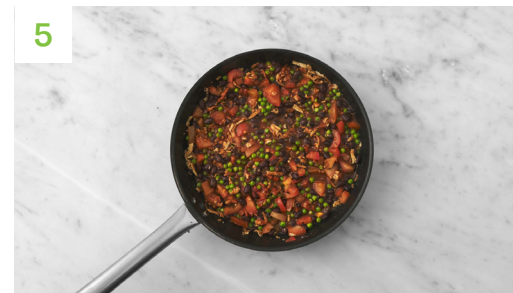
Simmer the Sauce

- Pour in the **chopped tomatoes, beans, stock**, ½ tsp **sugar** (double for 4p) and **chilli flakes** (use less if you don't like spice).
- Cover and cook for 6-8 mins.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **beans** in a sieve.
- Trim and thinly slice the **scallion**.



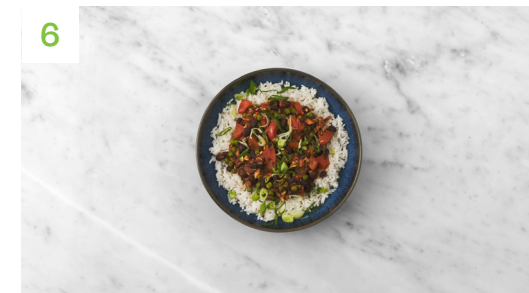
Finishing Touches

- Once cooked, add the **peas** and **chipotle paste** and cook, stirring, until the **peas** have warmed through, 1 min.
- Season to taste with **salt** and **pepper**. Loosen the stew with a splash of **water** if you feel it's too thick.



Fry the Tofu

- Drain the **tofu**, pat dry with kitchen paper and coarsely grate.
- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, fry the **tofu** with **garlic, cumin, Mexican spice** and ½ tsp **salt** (double for 4p), stirring occasionally, 4-5 mins.



Garnish and Serve

- Fluff up the **rice** with a fork and share between bowls.
- Top the **rice** with spoonfuls of **tofu** and **bean chilli**.
- Finish with a sprinkling of **scallion**.

Enjoy!