



Spicy Veggie Bean Chilli

with smoky chipotle and broccoli

Veggie Calorie Smart 25 – 30 mins • Spicy

14



Red Kidney Beans



Onion



Garlic



Bell Pepper



Mexican Style Spice Mix



Chilli



Creme Fraiche



Vegetable Stock



Broccoli



Chipotle Paste



Passata

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



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, 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	110 g	220 g
Vegetable Stock	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Chipotle Paste	1 sachet	2 sachets
Passata	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	651.5 g	100 g
Energy (kJ/kcal)	2222 kJ/ 531 kcal	341 kJ/ 82 kcal
Fat (g)	17.2 g	2.6 g
Sat. Fat (g)	8.8 g	1.4 g
Carbohydrate (g)	68.2 g	10.5 g
Sugars (g)	23.5 g	3.6 g
Protein (g)	22.4 g	3.4 g
Salt (g)	2.9 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.

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Get Prepped

- 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.



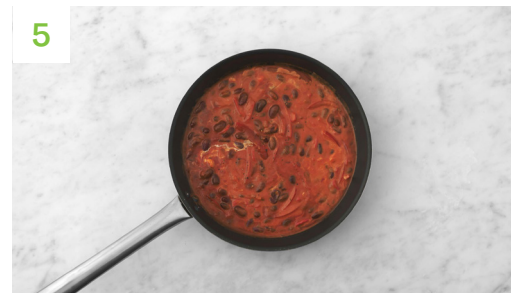
Make the Broccoli

- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Place a separate pan over high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and fry for 2-3 mins.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Allow to cook until the **broccoli** is tender, 4-5 mins.



Soften the Veg

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



Finishing Touches

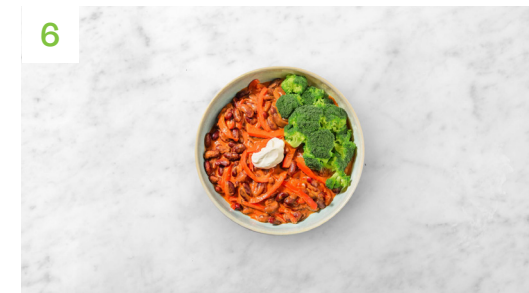
- Stir the **chipotle paste** and **half** the **creme fraiche** into the **beans** and allow to warm through, 1-2 mins.
- Add a splash of **water** if you feel the stew is too thick.
- Season to taste with **salt, pepper** and **sugar**.



Simmer the Chilli

- Add the drained **beans, stock, passata** and **chilli** (use less if you don't like spice) to the pan.
- Stir to combine.
- Cover and simmer for 5-7 mins.

TIP: *Stir every so often to prevent sticking.*



Garnish and Serve

- Divide the **kidney bean** chilli between bowls.
- Serve the **broccoli** alongside.
- Top everything off with a dollop of remaining **creme fraiche**.

Enjoy!