

# Spicy Kidney Bean Chilli

with smoky chipotle and cauliflower

Veggie Calorie Smart 25 – 30 mins • Spicy

14



Red Kidney Beans



Onion



Garlic



Bell Pepper



Mexican Style Spice Mix



Chilli



Creme Fraiche



Stock



Cauliflower



Chipotle Paste



Passata

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



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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

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
Crema Fraiche	110 g	220 g
Stock	1 sachet	2 sachets
Cauliflower	1 unit	2 units
Chipotle Paste	1 sachet	2 sachets
Passata	1 pack	2 packs

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>701.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2271.9 kJ/ 543 kcal	323.9 kJ/ 77.4 kcal
Fat (g)	17.8 g	2.5 g
Sat. Fat (g)	9 g	1.3 g
Carbohydrate (g)	68.6 g	9.8 g
Sugars (g)	26.4 g	3.8 g
Protein (g)	21.9 g	3.1 g
Salt (g)	2.8 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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 Cauliflower

- Meanwhile, trim and roughly chop the **cauliflower**.
- Place a pan over medium-high heat with a knob of **butter** and a drizzle of **oil**.
- When hot, cook the **cauliflower** until starting to char, stirring regularly, 8-10 mins.
- Remove the pan from the heat and season to taste with **salt** and **pepper**.

**TIP:** Instead of chopping the cauliflower, you can also use a food processor to make cauliflower rice. Simply fry for 3-4 mins after blending!



## Soften the Veg

- Place a large pot 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 **crema fraiche** into the pot 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 pot.
- 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 **cauliflower** alongside.
- Top everything off with a dollop of remaining **crema fraiche**.

**Enjoy!**