



Quick Chilli con Carne

with kidney beans and fluffy rice

20 – 25 mins

3



Beef Mince



Rice



Ground Cumin



Bell Pepper



Red Kidney Beans



Mexican Style Spice Mix



Chopped Tomato with Onion & Garlic



Stock



Grated Cheese



Dried Chilli Flakes



Garlic

Pantry Items: Sugar, 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

Grater, pot with lid, sieve

Ingredients

	2P	4P
Beef Mince	240 g	480 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
Stock	1 sachet	2 sachets
Grated Cheese	50 g	100 g
Dried Chilli Flakes	1 sachet	2 sachets
Garlic	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	719.5 g	100 g
Energy (kJ/kcal)	4009 kJ/ 958 kcal	557 kJ/ 133 kcal
Fat (g)	31.3 g	4.3 g
Sat. Fat (g)	15.1 g	2.1 g
Carbohydrate (g)	108.1 g	15 g
Sugars (g)	18.8 g	2.6 g
Protein (g)	53.9 g	7.5 g
Salt (g)	4.2 g	0.6 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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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).



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 much of the **chilli flakes** as you like (use less if you don't like spice).
- Fluff up the **rice** with a fork and share between bowls.
- Top the **rice** with spoonfuls of **chilli** con carne.
- Finish with a sprinkling of **cheese**.

Enjoy!



Fry the Beef

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **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.



Simmer the Sauce

- Add the **garlic** and **pepper** to the pan (with a drizzle of **oil** if needed). Cook for 2 mins.
- Add the **cumin**, **Mexican spice**, **chopped tomatoes** and **beans**.
- Stir in the **stock**, ½ tsp **sugar** and 75ml **water** (double both 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.