



# Spicy Bean Chilli

with smoky chipotle sauce and cauliflower side

25 – 30 mins • Veggie • 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## 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             | 300 g     | 600 g     |
| Chipotle Paste          | 1 sachet  | 2 sachets |
| Passata                 | 1 pack    | 2 packs   |

## Nutrition

| for uncooked ingredient | Per 100g               |
|-------------------------|------------------------|
| Energy (kJ/kcal)        | 323.9 kJ/<br>77.4 kcal |
| Fat (g)                 | 2.5 g                  |
| Sat. Fat (g)            | 1.3 g                  |
| Carbohydrate (g)        | 9.8 g                  |
| Sugars (g)              | 3.8 g                  |
| Protein (g)             | 3.1 g                  |
| Salt (g)                | 0.4 g                  |

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

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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 **bell 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!**