



Kidney Bean Chilli

with cauliflower rice and coriander garnish

Veggie Calorie Smart 25-30 mins

14



Red Kidney Beans



Onion



Garlic



Bell Pepper



Mexican Style Spice Mix



Chilli



Creme Fraiche



Vegetable Stock



Cauliflower



Chopped Tomatoes



Coriander

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

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, lid, pot, 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	125 g	250 g
Vegetable Stock	1 sachet	2 sachets
Cauliflower	1 unit	2 units
Chopped Tomatoes	1 pack	2 packs
Coriander	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	768.5 g	100 g
Energy (kJ/kcal)	2502 kJ/ 598 kcal	325.6 kJ/ 77.8 kcal
Fat (g)	28.5 g	3.7 g
Sat. Fat (g)	16.3 g	2.1 g
Carbohydrate (g)	57.8 g	7.5 g
Sugars (g)	23.7 g	3.1 g
Protein (g)	22.2 g	2.9 g
Salt (g)	2.5 g	0.3 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.

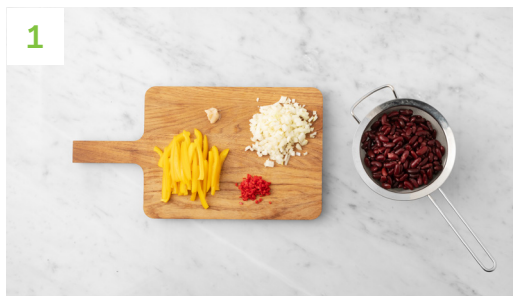
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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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 Rice

- Meanwhile, quarter the **cauliflower** then coarsely grate (if you have a food processor you can use this instead).
- Add a drizzle of **oil** and a knob of **butter** to a medium pan over medium-high heat.
- When hot, cook the **cauliflower rice** until slightly softened, 3-4 mins, stirring regularly.
- Remove from the heat and season to taste with **salt** and **pepper**.



Soften the Veg

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



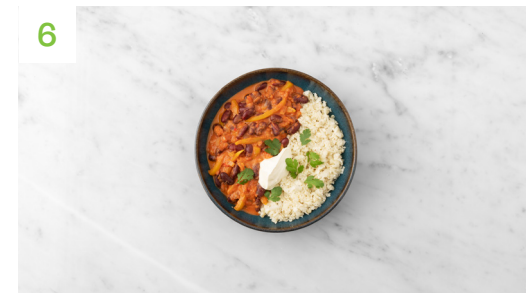
Finishing Touches

- Stir **half the crema fraiche** into the **chilli** and allow to warm through.
- Add a splash of **water** if a looser consistency is desired.
- Season to taste with **salt, pepper** and **sugar**.



Simmer the Chilli

- Add the **beans, vegetable stock powder, chopped tomato** and **chilli** (use less if you don't like spice) to the pot.
- Cover and simmer for 8-10 mins.
- Stir every so often to prevent sticking.



Divide and Serve

- Pick the **coriander** leaves (discard the stalks).
- Divide the **kidney bean chilli** between bowls.
- Top with the remaining **crema fraiche** and **coriander** leaves.
- Serve the **cauliflower rice** alongside.

Enjoy!