



Kidney Bean Chilli

with chipotle and cauliflower rice

Veggie Calorie Smart 25-30 mins • Spicy

14



Red Kidney Beans



Onion



Garlic



Bell Pepper



Mexican Style Spice Mix



Chilli



Creme Fraiche



Vegetable 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
Creme Fraiche	110 g	220 g
Vegetable 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
for uncooked ingredients	698.5 g	100 g
Energy (kJ/kcal)	2238.4 kJ/ 535 kcal	320.5 kJ/ 76.6 kcal
Fat (g)	16.9 g	2.4 g
Sat. Fat (g)	9 g	1.3 g
Carbohydrate (g)	68.2 g	9.8 g
Sugars (g)	26.2 g	3.8 g
Protein (g)	21.1 g	3 g
Salt (g)	2.8 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 Cauliflower Rice

- Meanwhile, quarter the **cauliflower** then coarsely grate.
- Place a pan over medium-high heat with a knob of **butter** and a drizzle of **oil**.
- When hot, cook the **cauliflower rice** until slightly softened, stirring regularly, 3-4 mins.
- Remove from the heat and season to taste with **salt** and **pepper**.

TIP: Instead of grating, you can also use a food processor to make your cauliflower rice.



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 **creme 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 powder, passata** and **chilli** (use less if you don't like spice) to the pot.
- Stir to combine.
- Cover and simmer for 5-7 mins.
- Stir every so often to prevent sticking.



Garnish and Serve

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

Enjoy!