



Tofu and Black Bean Chipotle Chilli

with peas and rice

20 – 25 mins • Veggie • Spicy

8



Rice



Ground Cumin



Mexican Style Spice Mix



Chopped Tomato with Onion & Garlic



Dried Chilli Flakes



Garlic



Black Beans



Peas



Scallion



Tofu



Stock



Chipotle Paste



Tofu

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



Rate your recipe!

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, pan with lid, pot with lid, sieve

Ingredients

	2P	4P
Rice	150 g	300 g
Ground Cumin	1 sachet	2 sachets
Mexican Style Spice Mix	2 sachets	4 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Dried Chilli Flakes	1 sachet	2 sachets
Garlic	2 units	4 units
Black Beans	1 pack	2 packs
Peas	120 g	240 g
Scallion	1 unit	2 units
Tofu	180 g	360 g
Stock	1 sachet	2 sachets
Chipotle Paste	1 sachet	2 sachets
Tofu	360 g	720 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	478 kJ / 114 kcal	494 KJ / 118 kcal
Fat (g)	1.9 g	2.7 g
Sat. Fat (g)	0.3 g	0.4 g
Carbohydrate (g)	16.5 g	14.6 g
Sugars (g)	3 g	2.6 g
Protein (g)	5.7 g	6.8 g
Salt (g)	0.8 g	0.5 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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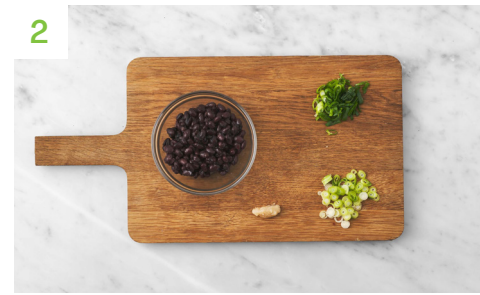
Make the Rice

- Pour 300ml cold **salted water** (per 2P) 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).



Simmer the Sauce

- Pour in the **chopped tomatoes, beans, stock**, ½ tsp **sugar** (per 2P) and **chilli flakes** (use less if you don't like spice).
- Cover and cook for 6-8 mins.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **beans** in a sieve.
- Trim and thinly slice the **scallion**.



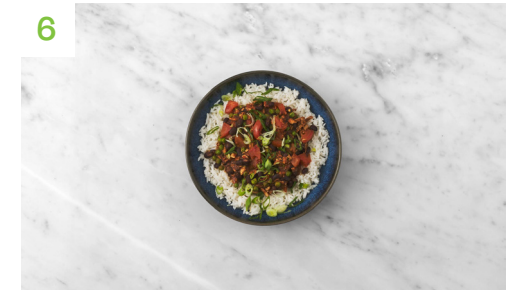
Finishing Touches

- Once cooked, add the **peas** and **chipotle paste** and cook, stirring, until the **peas** have warmed through, 1 min.
- Season to taste with **salt** and **pepper**. Loosen the stew with a splash of **water** if you feel it's too thick.



Fry the Tofu

- Drain the **tofu**, pat dry with kitchen paper and coarsely grate.
- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, fry the **tofu** with **garlic, cumin, Mexican spice** and ½ tsp **salt** (per 2P), stirring occasionally, 4-5 mins.



Garnish and Serve

- Fluff up the **rice** with a fork and share between bowls.
- Top the **rice** with spoonfuls of **tofu** and **bean chilli**.
- Finish with a sprinkling of **scallion**.

Enjoy !