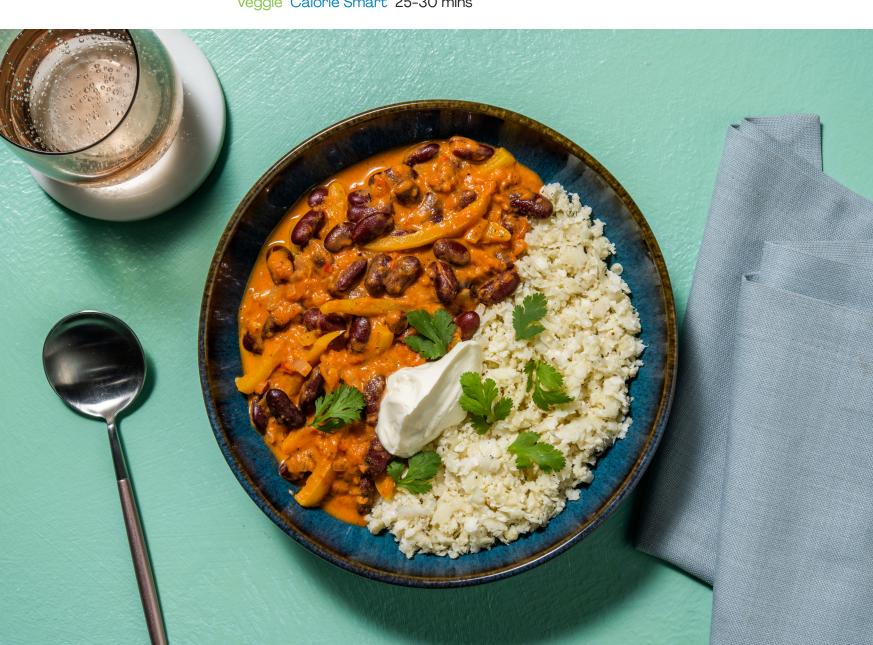


Kidney Bean Chilli

with cauliflower rice and coriander garnish

Veggie Calorie Smart 25-30 mins









Red Kidney Beans







Mexican Style Spice Mix





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, 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	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)	2506.2 kJ/ 599 kcal	326.1 kJ/ 77.9 kcal
Fat (g)	28.5 g	3.7 g
Sat. Fat (g)	16.6 g	2.2 g
Carbohydrate (g)	58.7 g	7.6 g
Sugars (g)	23.7 g	3.1 g
Protein (g)	22.3 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.



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.



Simmer the Chilli

- Add the beans, vegetable stock powder, chopped tomatoes 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.



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.



Finishing Touches

- Stir half the creme 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.



Garnish and Serve

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

Enjoy!