



Quick Chilli con Carne

with cheddar topping and fluffy rice

Family 20-25 mins

4



Beef Mince



Ground Cumin



Bell Pepper



Red Kidney Beans



Mexican Style Spice Mix



Chopped Tomato with Onion & Garlic



Beef Stock



Grated Cheddar



Rice

Pantry Items: Water, Salt, Pepper, Oil

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

Lid, Pot, Sieve

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Ground Cumin	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Red Kidney Beans	1 pack	2 packs
Mexican Style Spice Mix	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Beef Stock	1 sachet	2 sachets
Grated Cheddar	50 g	100 g
Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	713 g	100 g
Energy (kJ/kcal)	3911.8 kJ/ 935 kcal	548.6 kJ/ 131.1 kcal
Fat (g)	31.4 g	4.4 g
Sat. Fat (g)	15 g	2.1 g
Carbohydrate (g)	101.4 g	14.2 g
Sugars (g)	16.5 g	2.3 g
Protein (g)	53.6 g	7.5 g
Salt (g)	3.9 g	0.6 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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1 Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and **cumin** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat (still covered) and leave aside for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



2 Fry the Beef

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Drain and rinse the **kidney beans** in a sieve.
- Place a medium pan over medium-high heat (no oil).
- Once the pan is hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Season with **salt** and **pepper**.



3 Add Some Spice

- Add the **pepper** to the **mince** (with a drizzle of **oil** if necessary). Stir and cook for 2 mins.
- Stir in the **Mexican spice mix**, **chopped tomatoes** and **beef stock**.
- Add the **kidney beans** and 75ml **water** (double for 4p) and bring to the boil.
- Lower the heat to medium and simmer until the sauce is nice and thick, 8-10 mins. Stir occasionally. **IMPORTANT:** Mince is cooked when no longer pink in the middle.



4 Finish and Serve

- Once cooked, season to taste with **salt** and **pepper**.
- Share the **cumin rice** between your bowls.
- Serve the **chilli** on top of the **rice** and finish with a sprinkle of **cheese**.

Enjoy!