



# Quick Chilli con Carne

with cheesy topping and fluffy rice

Family Quick Cook 20-25 mins

6



Beef Mince



Ground Cumin



Rice



Bell Pepper



Red Kidney Beans



Mexican Style Spice Mix



Chopped Tomato with Onion & Garlic



Beef Stock



Grated Cheese



Chilli

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

Pot with lid, sieve

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Ground Cumin	1 sachet	2 sachets
Rice	150 g	300 g
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 Cheese	50 g	100 g
Chilli	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>720.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3962.2 kJ/ 947 kcal	549.9 kJ/ 131.4 kcal
Fat (g)	31.6 g	4.4 g
Sat. Fat (g)	15.1 g	2.1 g
Carbohydrate (g)	104.7 g	14.5 g
Sugars (g)	17.6 g	2.4 g
Protein (g)	54.1 g	7.5 g
Salt (g)	4 g	0.5 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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### Make the Rice

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



### Finish and Serve

- 1 Once cooked, season to taste with **salt** and **pepper**.
- 2 Loosen the sauce with a splash of **water** if necessary.
- 3 Fluff up the **cumin rice** and share between bowls.
- 4 Serve the **chilli con carne** on top of the **rice** and finish with a sprinkling of **cheese** and **chilli**.

### Enjoy!



### Fry the Beef

- 1 Halve the **chilli** and discard the core and seeds. Finely chop.
- 2 Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- 3 Drain and rinse the **kidney beans** in a sieve.
- 4 Place a pan over medium-high heat (without oil).
- 5 Once hot, fry the **beef mince** 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**.



### Add Some Spice

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