



CHILLI SIN CARNE

with Quorn Mince & Avocado Crema



Use Quorn as a delicious meat-free mince alternative



Basmati Rice



Brown Onion



Garlic



Carrot



Corn



Kumato



Coriander



Avocado



Sour Cream



Mexican Fiesta Spice Blend



Tomato Paste



Diced Tomatoes



Quorn Mince



Vegetable Stock



Shredded Cheddar Cheese

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Spicy (Mexican Fiesta spice blend)

We're excited to be offering our first meal with Quorn, a meat-free mince that's big on protein and fibre, and low on fat. In addition to its impressive nutritional cred, it has a great texture and soaks up other flavours, like the spiced tomato mix in this mouth-watering chilli.

Pantry Staples: Olive Oil, White Wine Vinegar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE RICE

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 GET PREPPED

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Slice the **corn** kernels from the cob. Finely chop the **kumato** and **coriander**. In a small bowl, combine the **kumato**, **coriander** and **white wine vinegar**. **Drizzle** with a little **olive oil** and season with **salt** and **pepper**. Toss to coat.



3 MAKE THE AVOCADO CREMA

Slice the **avocado** in half and scoop the flesh out of its skin. Place the **avocado** in a small bowl and mash with a fork. Add the **sour cream** and stir to combine. Season to taste with **salt** and **pepper**. **TIP:** *For a smoother crema, use a food processor or stick blender.*



4 SOFTEN THE VEGGIES

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the grated **carrot** and **corn** and cook until softened, **2-3 minutes**.



5 MAKE THE CHILLI

Add the **butter** to the veggies in the frying pan and stir until melted. Add the **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**. Stir through the **tomato paste**. Add the **diced tomatoes**, **Quorn mince (1/2 packet for 2 people / 1 packet for 4 people)** and **water (for the sauce)** and crumble in the **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Reduce the heat to medium-high and cook until reduced and thickened, **5-6 minutes**. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the rice between bowls and top with the chilli sin carne. Sprinkle with the **shredded Cheddar cheese**, dollop over the avocado crema and top with the kumato salsa.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
corn	1	2
kumato	1	2
coriander	1 bag	1 bag
white wine vinegar*	1 tsp	2 tsp
avocado	1	2
sour cream	1 packet (100g)	1 packet (200g)
butter*	30g	60g
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
diced tomatoes	1 tin (400g)	2 tins (800g)
Quorn mince	½ packet	1 packet
water* (for the sauce)	¾ cup	1½ cup
vegetable stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4200kJ (1000Cal)	507kJ (121Cal)
Protein (g)	34.7g	4.2g
Fat, total (g)	47.6g	5.8g
- saturated (g)	24.2g	2.9g
Carbohydrate (g)	99.4g	12.0g
- sugars (g)	25.6g	3.1g
Sodium (g)	1520mg	184mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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