

Hands-on: 25-35 mins

Ready in: 30-40 mins

Naturally Gluten-Free

Not suitable for coeliacs

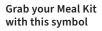
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Spicy (Mexican

Fiesta spice blend)

Even meat lovers will want seconds!

Chilli Sin Carne with Veggie Mince & Sour Cream





Juicy and umami plant-based mince mingles with fiery Mexican spices in this hearty vegetarian meal.

Olive Oil, White Wine Vinegar, Butter

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Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
corn	1	2
tomato	1	2
coriander	1 bag	1 bag
white wine vinegar*	1 tsp	2 tsp
plant-based mince	1 packet	2 packets
butter*	30g	60g
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
*Pantry Items		

Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kj)	4606kJ (1100Cal)	573kJ (136Cal)
Protein (g)	34.9g	4.3g
Fat, total (g)	53.8g	6.7g
- saturated (g)	22.6g	2.8g
Carbohydrate (g)	111.8g	13.9g
- sugars (g)	34.1g	4.2g
Sodium (mg)	2746mg	342mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit **hellofresh.com.au/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact 2021 | CW32



Cook the rice

In a medium saucepan, add the **water** 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!



Get prepped

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic**. Grate the **carrot**. Slice the **corn** kernels from the cob. Roughly chop the **tomato** and **coriander**.



Make the salsa

In a small bowl, combine the **tomato**, **coriander** and **white wine vinegar**. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.



Start the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, grated **carrot** and **corn**, stirring, until softened, **4-6 minutes**.



Make the chilli

SPICY! The Mexican Fiesta spice blend is a little spicy, add less if you're sensitive to heat! Add the plant-based mince to the pan and cook, breaking up with a spoon, 2-3 minutes. Add the butter, garlic, tomato paste and Mexican Fiesta spice blend and cook until fragrant, 1 minute. Add the diced tomatoes with garlic & onion and vegetable stock powder and simmer, 1-2 minutes. Season.



Serve up

Divide the rice between bowls and top with the chilli sin carne. Top with the **shredded Cheddar cheese** and the tomato and coriander salsa. Serve with the **light sour cream**.

Enjoy!

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