

# Chilli Sin Carne

with Veggie Mince & Sour Cream



Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Garlic



Carrot



Corn



Tomato



Coriander



Plant-Based Mince



Tomato Paste



Mexican Fiesta Spice Blend



Diced Tomatoes With Garlic & Onion



Vegetable Stock Powder




Shredded Cheddar Cheese



Light Sour Cream

 Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

 Spicy (Mexican Fiesta spice blend)

Juicy and umami plant-based mince mingles with fiery Mexican spices in this hearty vegetarian meal. Even meat lovers will want seconds!

### Pantry items

Olive Oil, White Wine Vinegar, Butter



## 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 · 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

## 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](https://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](https://hellofresh.com.au/contact)

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## 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!*



## 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**.



## 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 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.



## 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.



## 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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