

Red Kidney Bean & Veggie Chilli

with Garlic Rice & Corn Chips

Grab your Meal Kit with this symbol



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Garlic



Jasmine Rice



Brown Onion



Carrot



Cucumber



Chargrilled Capsicum Strips



Red Kidney Beans



Sweetcorn



Mexican Fiesta Spice Blend



Tomato Paste



Vegetable Stock Powder



Corn Chips



Pickled Jalapeños (Optional)



Coriander



Plant-Based Aioli

Hands-on: 20-30 mins
Ready in: 35-45 mins

Naturally Gluten-Free
Not suitable for coeliacs

Plant based

Spicy (Mexican Fiesta spice blend, optional pickled jalapeños)

Loaded with cumin, paprika and chilli, our Mexican Fiesta Spice Blend really amps up the flavour of this vibrant chilli. Charring the corn brings out its natural sweetness, and once you've cooked rice with garlic and plant-based aioli, you may never want to make it any other way.

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

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
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
brown onion	1	2
carrot	1	2
cucumber	1	2
chargrilled capsicum strips	1 packet	2 packets
red kidney beans	1 tin	2 tins
sweetcorn	1 tin (125g)	1 tin (300g)
white wine vinegar*	drizzle	drizzle
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
water* (for the sauce)	½ cup	1 cup
corn chips	½ large bag	1 large bag
pickled jalapeños (optional)	1 medium packet	1 large packet
coriander	1 bag	1 bag
plant-based aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4135kJ (988Cal)	533kJ (127Cal)
Protein (g)	25.1g	3.2g
Fat, total (g)	35.9g	4.6g
- saturated (g)	4.1g	0.5g
Carbohydrate (g)	125g	16.1g
- sugars (g)	22.1g	2.8g
Sodium (mg)	2118mg	273mg

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

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1 Cook the garlic rice

While the veggies are roasting, finely chop the **garlic**. In a medium saucepan melt the **plant-based butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



4 Start the chilli

SPICY! You may find the spice blend hot! Add less if you're sensitive to heat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot** until tender, **4-5 minutes**. Add the **Mexican Fiesta spice blend**, **tomato paste** and remaining **garlic** and cook until fragrant, **1 minute**. Reduce heat to medium. Stir in the **vegetable stock powder**, the **water (for the sauce)** and **red kidney beans** and cook until slightly reduced, **2-3 minutes**.



2 Get prepped

While the rice is cooking, finely chop the **brown onion**. Cut the **carrot** into bite-sized chunks. Roughly chop the **cucumber** and **chargrilled capsicum strips**. Drain and rinse the **red kidney beans**. Drain the **sweetcorn**.



5 Finish the chilli

Stir the **chargrilled capsicum** through the **chilli**. Season to taste.



3 Make the salsa

Heat a large frying pan over a high heat. Cook the **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl. Add the **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season to taste.



6 Serve up

Divide the garlic rice between bowls. Top with the black bean and veggie chilli, corn and cucumber salsa and **corn chips** (see ingredients). Sprinkle with some **pickled jalapeños** (if using) and torn **coriander**. Serve with a dollop of the **plant-based aioli**.

TIP: Jalapeños are spicy! Add less if you're sensitive to heat, or leave them out, if preferred!

Enjoy!