



# SMOKEY MILD CHORIZO & BEAN CHILLI

with Avocado Crema & Rice



Use chorizo in a chilli



Basmati Rice



Brown Onion



Garlic



Baby Spinach Leaves



Coriander



Mild Chorizo



Carrot



Red Kidney Beans



Sweetcorn



All-American Spice Blend



Tomato Paste



Beef Stock



Lemon



Avocado



Greek Yoghurt



Shredded Cheddar Cheese

Hands-on: 30 mins  
Ready in: 35 mins

Oops, we've done it again – put a clever twist on a weekday favourite to bring you something new and exciting, with flavours we know you love! Our latest chilli creation is a mix of chorizo, red kidney beans, corn and avocado with the irresistible flavour of our All-American spice blend.

Pantry Staples: Olive Oil

## 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). Roughly chop the **baby spinach leaves**. Roughly chop the **coriander**. Cut **1 1/2 packets** of **mild chorizo** into small chunks. Grate the **carrot** (unpeeled). Drain the **sweetcorn**. Drain and rinse the **red kidney beans**.



### 3 START THE CHILLI

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **chorizo** and cook until browned, **6 minutes**. Add the **onion** and cook, stirring, until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **All-American spice blend (see ingredients list)** and cook until fragrant, **1 minute**. **TIP:** *Add all of the spice blend if you're not sensitive to heat.* Add the **carrot, sweetcorn** and **red kidney beans** and cook until softened, **2-3 minutes**.



### 4 FINISH THE CHILLI

Add the **tomato paste, water (for the sauce)** and **1 crumbled beef stock** cube to the pan. Mix well, then reduce the heat to medium-low and simmer until slightly thickened, **10-12 minutes**. Add the **baby spinach** and stir until wilted. Add a **dash** of **water** to loosen the sauce if necessary.



### 5 MAKE THE AVOCADO CREMA

While the chilli is cooking, slice the **avocado** in half and scoop the flesh into a small bowl. Add a **generous squeeze** of **lemon** juice. Season with **salt** and **pepper** and mash with a fork to combine. Add the **Greek yoghurt** and stir to combine.

**TIP:** *For a smoother crema, use a food processor or stick blender.*



### 6 SERVE UP

Divide the basmati rice and mild chorizo and bean chilli between bowls. Top with the avocado crema and **shredded Cheddar cheese**. Sprinkle the adults' portions with coriander.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water* (for the rice)	3 cups
basmati rice	2 packets
brown onion	1
garlic	2 cloves
baby spinach leaves	1 bag (60 g)
coriander	1 bag
mild chorizo	1 1/2 packets (375 g)
carrot	2
sweetcorn	1 tin (300 g)
red kidney beans	1 tin
All-American spice blend	1 1/2 sachets
tomato paste	2 sachets
water* (for the sauce)	1 1/4 cups
beef stock	1 cube
avocado	1
lemon	1
Greek yoghurt	1 packet (100 g)
shredded Cheddar cheese	1 packet (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3830kJ (914Cal)	671kJ (160Cal)
Protein (g)	38.9g	6.8g
Fat, total (g)	41.5g	7.3g
- saturated (g)	17.2g	3.0g
Carbohydrate (g)	89.1g	15.6g
- sugars (g)	17.9g	3.1g
Sodium (g)	2440mg	428mg

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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