

SMOKEY MILD CHORIZO & BEAN CHILLI

with Avocado Crema & Rice





Use chorizo in a chilli







Basmati Rice





Baby Spinach





Coriander Mild Chorizo







Sweetcorn



All-American Spice Blend



Tomato Paste





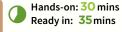




Greek Yoghurt



Shredded Cheddar Cheese



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.

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



TOOK 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!



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 **11/2 packets** of **mild chorizo** into small chunks. Grate the **carrot** (unpeeled). Drain the **sweetcorn**. Drain and rinse the **red kidney beans**.



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.



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.



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.



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!

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 | 1½ packets (375 g) |
| carrot | 2 |
| sweetcorn | 1 tin (300 g) |
| red kidney beans | 1 tin |
| All-American spice blend | 1½ sachets |
| tomato paste | 2 sachets |
| water* (for the sauce) | 1¼ 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**

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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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