



# Red Kidney Bean & Roast Veggie Chilli

with Garlic Rice, Cucumber Salsa & Corn Chips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Courgette



Garlic



Jasmine Rice



Onion



Cucumber



Radish



Red Kidney Beans



Mexican Fiesta Spice Blend



Tomato Paste



Vegetable Stock Powder



Corn Chips



Plant-Based Mayo



Coriander



Pickled Jalapeños (Optional)

Prep in: 20-30 mins  
Ready in: 35-45 mins

Plant Based

Get a load of this gently spiced kidney bean chilli that knows no bounds when it comes to flavour. Sitting on a bed of garlic-infused rice and served with crunchy corn chips, this is a recipe for a hearty bowl you won't soon forget.

### 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
courgette	1	2
garlic	2 cloves	4 cloves
<b>plant-based butter*</b>	20g	40g
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
onion	1 (medium)	1 (large)
cucumber	1 (medium)	1 (large)
radish	2	3
red kidney beans	1 tin	2 tins
<b>white wine vinegar*</b>	drizzle	drizzle
Mexican Fiesta spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b> (for the sauce)	½ cup	1 cup
corn chips	1 medium packet	1 large packet
pickled jalapeños (optional)	1 packet	1 packet
coriander	1 bag	1 bag
plant-based mayo	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3390kJ (810Cal)	497kJ (119Cal)
Protein (g)	21.7g	3.2g
Fat, total (g)	25.7g	3.8g
- saturated (g)	6.9g	1g
Carbohydrate (g)	117.2g	17.2g
- sugars (g)	14.7g	2.2g
Sodium (mg)	1883mg	276mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## 1 Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **courgette** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## 4 Start the chilli

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



## 2 Cook the garlic rice

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

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



## 5 Bring it all together

- Stir **roasted veggies** through the **chilli**. Season with **salt** and **pepper**.



## 3 Get prepped

- While the rice is cooking, finely chop **onion**. Roughly chop **cucumber** and **radish**. Drain and rinse **red kidney beans**.
- In a medium bowl, combine **radish**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season to taste and set aside.



## 6 Serve up

- Divide garlic rice between bowls. Top with red kidney bean and roast veggie chilli, cucumber salsa and **corn chips**.
- Sprinkle with some **pickled jalapeños** (if using).
- Tear over **coriander**. Serve with **plant-based mayo**. Enjoy!

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

## Rate your recipe

Did we make your tastebuds happy?

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