

Printfid00xxxhero mildbeanandvegetablechilli badge

Mild Bean and Vegetable Chilli

with Brown Rice



30-40min



4 Portions

Rich in fibre, protein and good fats from the avocado, this vegetarian chilli is full of flavour, yet mild enough that the kids will definitely be keen to tuck in!

What we send

- green peas
- spice mix
- coriander and 2 garlic cloves
- light sour cream ⁷
- corn cob
- chopped tomatoes
- avocado
- cannellini beans
- red capsicum
- onion
- brown rice

What you'll require

- olive oil
- sea salt and pepper

Utensils

- large saucepan
- medium saucepan
- sieve
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

This is a mildly spiced chilli, but if you think it still might be too spicy, add only half the spice mix.

Allergens

Milk (7). May contain traces of other allergens.

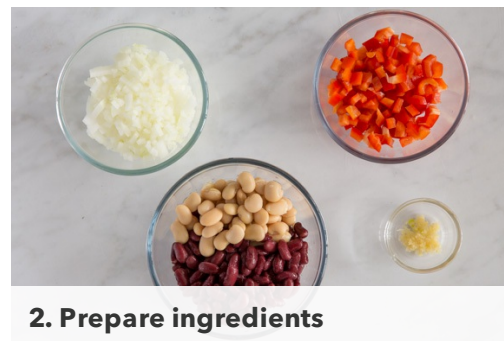
Nutrition per serving

Energy 625.0kcal, Fat 16.2g, Proteins 21.5g, Carbs 90.8g



1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 2½ cups (625ml) water. Cover and bring to a simmer over medium heat. Reduce heat to low and cook for 20 mins or until tender and water has absorbed. Turn off the heat and stand, covered for at least 5 mins.



2. Prepare ingredients

Meanwhile, finely chop the **onion**. Finely chop the **garlic**. Dice the **capsicum**, discarding the seeds and membrane. Drain and rinse the **cannellini beans**.



3. Start chilli

Heat 1 tbs **oil** in a large saucepan over medium heat. Cook the **onion, garlic** and **capsicum** for 5 mins or until softened. Add the **spice mix** (see cooking tip) and cook for 1 min or until fragrant.



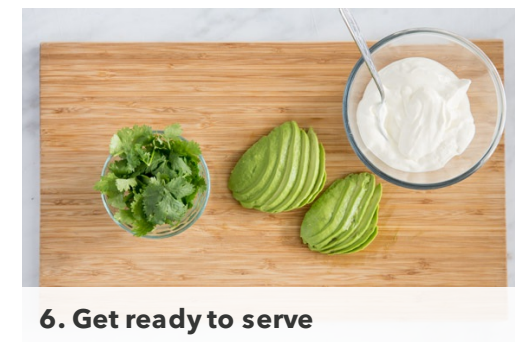
4. Add beans

Add the **cannellini beans, chopped tomatoes** and ¼ cup (60ml) of water. Season with **sea salt and pepper**, if desired, and bring to the boil. Reduce the heat and simmer, covered, for 10 mins for flavours to infuse.



5. Add corn and peas

Meanwhile, lay the **corn** on a chopping board and using a sharp knife, carefully slice off the kernels. Stir the **kernels** into the **chilli** and cook for 2 mins. Add the **peas** and cook for a further 2 mins.



6. Get ready to serve

Pick the **coriander** leaves (discard stems). Slice the **avocado**. Divide **rice** between bowls and top with **chilli**. Scatter over the coriander. Top with avocado and a dollop of **sour cream**.