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## **Vegan 'Beef'** and Beans with Jasmine Rice



20-30min



4 Portions

Why let the meat-eaters have all the fun when there are delicious vegan-options like plant based food around? Enjoy a meat-free meal so good that even the meat-eaters will be bowled over wanting more!

## What we send

- basmati rice
- spice mix
- tomato paste
- garlic, parsley
- crushed tomatoes
- kidney beans
- corn cob
- zucchini
- plant base ground beef <sup>6</sup>
- carrot
- red onion

## What you'll require

- olive oil
- salt and pepper

## Utensils

- large frypan
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 690.0kcal, Fat 15.7g, Proteins 30.5g, Carbs 98.0g



### 1. Prepare ingredients

Finely chop the **garlic** and **onion**. Cut the **carrot** and **zucchini** into 1cm cubes. Pick the **parsley** leaves (discard stems) and finely chop. Drain and rinse the **beans**.



### 4. Prepare sauce

Heat 1 tbs **oil** in the same pan. Cook the **garlic** and **onion** for 2-3 mins until softened. Add half the **spice mix** and cook, stirring regularly, for 1 min or until fragrant. Add the **carrot**, **zucchini** and 2 tbs water and cook for 3-4 mins until tender.



### 2. Cook rice

Place the **rice** in a medium saucepan and cover with cold water. Bring to the boil, then cover, reduce the heat to low and simmer gently for 10 mins. Remove from the heat, drain and set aside.



### 5. Make sauce

Return the **vegetarian 'beef'** to the pan. Add 1 tbs **tomato paste**, 60ml (¼ cup) water, **crushed tomatoes** and **kidney beans** and season with **salt** to taste. Bring to the boil. Reduce heat to low and simmer, covered, for 5 mins or until slightly thickened.



### 3. Cook mince

Meanwhile, heat 1 tbs **oil** in a large frypan over medium heat. Cook the **vegan 'beef'**, stirring regularly for 3-4 mins until lightly browned. Transfer to a bowl.



### 6. Get ready to serve

Meanwhile, use a sharp knife to carefully slice the kernels from the **corn** cobs. Stir into the **sauce** and cook for a further 5 mins or until just tender. Divide the **rice** and sauce between bowls. Garnish with **parsley**, if desired.