



Mexican Adobo Beef Chilli

with Beans and Rice



30-40min



2 Portions

If you're craving easy comfort food, look no further than this chilli con carne. Packed with the freshness of capsicum, corn and coriander, this plate of beef 'n' beans is a balanced meal with an optional chilli kick - take it to the next level with the spicy smokiness of chipotle sauce.

What we send

- onion
- ground cinnamon
- chipotle in adobo sauce ⁶
- kidney beans
- green beans
- basmati rice
- capsicum
- beef mince
- chicken-style stock cube
- coriander
- 1 garlic clove
- 5g ground cinnamon
- 1 corn cob

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- large deep frypan or saucepan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The chipotle is spicy. If you prefer less heat or have little ones, reduce the chipotle to taste. Alternatively, omit when cooking, and add only to the chilli-lovers beef mixture prior to serving.

Allergens

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

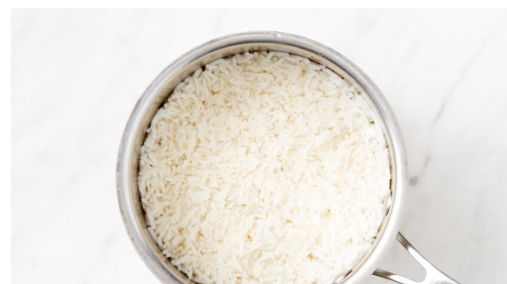
Nutrition per serving

Energy 945kcal, Fat 25.4g, Carbs 107.3g, Proteins 57.5g



1. Prepare vegetables

Bring a medium saucepan of water to the boil for the rice. Bring a medium saucepan of water to the boil for the vegetables. Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Trim the **green beans** and cut into 1cm chunks. Coarsely chop the **coriander**, including the stems.



2. Cook rice

Rinse the **rice** until the water runs clear. Cook the rice in the pan of boiling water for 12 mins or until tender. Drain. Cover to keep warm.



3. Make stock

Meanwhile, crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve. Stir in the **chipotle** (see cooking tip) until combined. Rinse and drain the **kidney beans**. Cook the **corn** and **green beans** in the pan of boiling water for 2 mins, then drain.



4. Start cooking

Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **onion, garlic and capsicum**, stirring occasionally, for 5 mins or until softened.



5. Cook beef

Increase the heat to medium-high. Add the **mince** and **½ tsp cinnamon** (the remaining cinnamon won't be used in this dish), cook, breaking up the lumps with a spoon, for 5 mins or until browned. Add the **stock** and bring to the boil.



6. Get ready to serve

Add the **kidney beans** to the pan and bring to a simmer, then reduce heat to medium. Cook, stirring regularly, for 8 mins or until the liquid has almost evaporated. Add **green beans** and **corn**, and cook for a further 2 mins or until warmed through. Stir in the **coriander** and season with **salt and pepper**. Divide the **rice and beef chilli** among bowls to serve.