

Two Bean Chilli with Eggs, Cheese and Brown Rice

hellóchef

Comforting vegetarian dinner at its best!

Cals 1090 • Prot 48 • Carbs 130 • Fat 47

Vegetarian

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chilli	2 ppl	3 ppl	4 ppl	
Black beans	240	240	480	Grams
Red kidney beans	240	480	480	Grams
Red onion	1	1	2	Pieces
Garlic cloves	3	4	5	Pieces
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	30	50	70	Grams
Brown sugar	10	15	20	Grams
Chipotle powder	2	4	4	Grams
Smoked paprika powder	2	4	4	Grams
Water	200	300	400	ML
Vegetable stock cube 15*	0.5	1	1	Pieces
Cooking cream 4*	200	200	200	ML
Toppings				
Organic Eggs 5*	2	3	4	Pieces
Grated cheddar 4*	60	90	120	Grams
Rice				
Brown rice	150	225	300	Grams
To serve				
Large red chilli	1	2	2	Pieces
Fresh chives	15	15	30	Grams
Sour cream 4*	60	90	120	Grams

Allergens

*15 Celery, *4 Milk, *5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

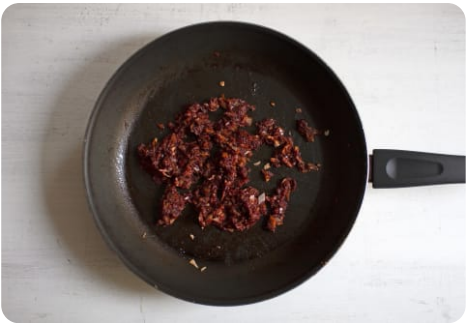
Nutritional information	Per Serving*
Energy (kJ/kcal)	4546 / 1090
Fat (g)	46.6
of which saturates (g)	32.2
Carbohydrate (g)	130
of which sugars (g)	16.9
Fiber (g)	16.8
Protein (g)	48
Salt (g)	2.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep ingredients

Rinse and drain the **black beans** and **red kidney beans** in a colander. Set aside. Peel and chop the **onion** and mince the **garlic**.



2 Prep chilli base

Heat a drizzle of **oil** in a pan over a medium heat. Fry the **onion** with a pinch of **salt** for 5 min. Add the **garlic** and stir for 1 min. Add the **tomato paste, brown sugar, chipotle powder** and **smoked paprika powder**. Cook for 2 min.



3 Stew chilli

Add the drained **beans**, measured **water**, crumbled **stock cube** and **cooking cream**. Reduce the heat to low and simmer for 10 min, stirring occasionally. Add another splash of **water** if needed.



4 Boil rice

Meanwhile, bring a pan of salted **water** to a boil over a medium-high heat. Once boiling, add the **brown rice** and cook for 15-20 min or until tender. Drain once tender and set aside, covered, to keep warm.



5 Add eggs and cheese

Using the back of a spoon, make grooves in the **chilli** and crack the **eggs** into them. Sprinkle the **chilli** with the **grated cheddar** cheese. Cook over a low heat for 8-10 more min until the **eggs** are set and the **cheddar** cheese has melted.



6 Serve

Meanwhile, finely slice the **red chilli** and **chives**. Serve the bean **chilli** over the cooked **brown rice** and top with the **sour cream, red chilli** and **chives**.