

# Cheesy Bean and Mushroom Chilli

## with Quinoa

hellóchef

Fun fact: Quinoa is botanically more closely related to spinach than rice and wheat!

Cals 747 • Prot 45 • Carbs 83 • Fat 27

Vegetarian

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🕒 cook: 40 min

R2798





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	
Red kidney beans	240	480	480	Grams
Mushroom	250	250	500	Grams
Red onion	1	1	2	Piece
Garlic cloves	3	5	6	Piece
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Cumin powder	2	4	4	Grams
Chipotle powder	2	4	4	Grams
Smoked paprika powder	2	4	4	Grams
Brown sugar	10	15	20	Grams
Sriracha saucee	14	21	28	Grams
Tomato paste	50	70	70	Grams
Tomato passata	200	400	500	Grams
Water	200	200	300	ML
Vegetable stock cube 15*	1	1	2	Piece
Black pepper	0.5	1	1	Tsp
Grated cheddar 4*	60	90	120	Grams
Grated mozzarella 4*	60	90	120	Grams
Large red chilli	1	2	2	Piece

To serve

White quinoa	100	150	200	Grams
Water	250	375	500	ML
Salt	0.5	0.5	1	Tsp
Sour cream 4*	60	90	120	Grams

Allergens

\*15 Celery, \*4 Milk

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)	3127 / 747
Fat (g)	26.5
of which saturates (g)	17.7
Carbohydrate (g)	83
of which sugars (g)	18.2
Fiber (g)	15.6
Protein (g)	44.8
Salt (g)	2.6

\*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

Drain and rinse the **red kidney beans**. Clean and chop the **mushrooms**. Peel and chop the **onion** and **garlic**.



2 Start chilli

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** and fry with a pinch of **salt** for 5 min until any excess liquid has evaporated. Add the **onion** and cook for 3 min further.



3 Simmer

Add the **garlic, cumin, chipotle (spicy!), smoked paprika, sugar, sriracha (spicy!) and tomato paste**. Stir for 1-2 min. Add the **kidney beans, tomato passata, measured water, stock cube and black pepper**. Cover and reduce the heat to low. Simmer for 15 min.



4 Boil quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



5 Add cheese

Check the seasoning of the **chilli**, and add **salt** and **pepper**, if needed. Top with the **grated cheddar** and **mozzarella cheese**. Cook over a low heat for a final 5 min until the **cheese** has melted.



6 Serve

Slice the **red chilli** thinly. Divide the **quinoa** and the **bean chilli** among bowls. Garnish with the fresh **red chilli** slices (**spicy!**) and serve with a dollop of **sour cream**.