



Cook this easy-to-make comfort dish and unwind after a busy day.

Cooking Time: 30 min | Gluten-Free

Cals 1028 | Prot 63 | Carbs 113 | Fat 39

Tips For Fussy Eaters

Leave the chipotle and sriracha out! Add a splash of cream or some cream cheese to round up the flavour even more. Serve the tomatoes to the side.

Pro Tip

Prepare the Chili con Carne ahead! Reheat with a splash of water just in time for dinner.

Ingredients

For 2 For 3 For 4

Chili con Carne

Lean beef mince	350	525	700	Grams
White onion	0.5	1	1	Pieces
Garlic cloves	2	3	4	Pieces
Red kidney beans	240	240	480	Grams
Vegetable oil	2	3	4	Tbsp
Cumin powder	2	4	4	Grams
Chipotle powder	2	2	4	Grams
Smoked paprika powder	2	4	4	Grams
Brown sugar	5	5	10	Grams
Sriracha sauce	14	21	28	Grams
Tomato paste	30	50	70	Grams
Tomato passata	200	400	500	Grams
Water	200	300	400	ML
Beef stock cube	0.5	1	1	
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Grated orange cheddar	60	90	120	Grams

Rice

Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp

To serve

Cherry tomatoes	150	250	300	Grams
Sour cream	60	90	120	Grams



1 Prep ingredients

Peel and chop the **onion** and **garlic**. Rinse and drain the **kidney beans** in a colander.



2 Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



3 Start chili

Meanwhile, heat a pan over a high heat with a drizzle of **vegetable oil**. Once hot, add the **beef mince** and **onion**, and fry for 5 min. While frying, break the **beef mince** as much as possible, using a spatula.



4 Add spices

Add the **garlic**, **cumin**, **chipotle (spicy!)**, **smoked paprika**, **brown sugar**, **sriracha (spicy!)** and **tomato paste** (see tips for fussy eaters). Cook, stirring, for 2 min.



5 Add and stew

Add the **tomato passata**, **measured water**, **stock cube**, drained **kidney beans**, **salt** and **pepper**. Cover with a lid, reduce the heat to low and simmer for 15 min, stirring occasionally. If the stew thickens too much, add a splash of water. Finally, sprinkle the **cheddar** cheese on top and let it melt.



6 Serve

Rinse and halve or slice the **cherry tomatoes**. Serve the **Chili con Carne** over **rice**, with the **sour cream** and the **cherry tomatoes** (see tips for fussy eaters).



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