

# Pulled Beef Chilli con Carne

Did someone say one-pot wonder, please?

**hellóchef**

Cals 633 • Prot 46 • Carbs 67 • Fat 20

hellochef.com • 04-383-93-99 • hello@hellochef.com



🕒 cook: 20 min

R3160

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	
Pulled beef	200	300	400	Grams
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Red pepper	1	1	2	Piece
Red kidney beans	240	240	480	Grams
Sweet corn kernels	122	122	244	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Cumin powder	2	2	4	Grams
Chipotle powder	2	2	4	Grams
Smoked paprika powder	2	4	4	Grams
Tomato paste	30	50	70	Grams
Tomato passata	200	200	500	Grams
Honey	15	15	30	Grams
Sriracha sauce	7	14	14	Grams
Water	150	275	300	ML
Beef stock cube 4*, 5*, 9*, 11*, 15*	1	1	2	Piece
Black pepper	0.5	1	1	Tsp
Lime	1	1	2	Piece

Toppings

Fresh coriander	15	15	15	Grams
Sour cream 4*	60	90	120	Grams

Allergens

\*4 Milk, \*5 Eggs, \*9 Soya, \*11 Gluten, \*15 Celery

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)	2653 / 633
Fat (g)	20.3
of which saturates (g)	8.3
Carbohydrate (g)	67
of which sugars (g)	25.1
Fiber (g)	16.5
Protein (g)	46.4
Salt (g)	4.9

\*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

Peel and finely chop the **onion**. Peel and mince the **garlic**. De-seed and finely chop the **pepper**. Drain and rinse the **kidney beans** and **sweet corn**.



2 Fry

Heat a large pan or pot over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **pepper** with a pinch of **salt** and cook for 5–6 min or until softened. Add the **garlic, cumin, chipotle (spicy!), smoked paprika** and **tomato paste**. Fry for 2 min further.



3 Simmer

Add the **pulled beef, tomato passata, honey, sriracha (spicy!), measured water, stock cube**, drained **kidney beans, sweet corn, salt** and **pepper**. Cover with a lid, reduce the heat to low and simmer for 10 min, stirring occasionally. If the stew thickens too much, add a splash of water.

**Tip!** The longer this one stews for, the better! Cook the chilli for up to one hour to allow the flavours to really develop.



4 Serve

Finely chop the **coriander** leaves. Stir half of them through the **chilli** along with the juice of the **lime**. Divide the **chilli** among bowls. Top with the **sour cream**. Garnish with the remaining **coriander**.