

# Classic Chili Con Carne

with Rice, Guacamole and Sour Cream

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

Cals 1223 • Prot 65 • Carbs 122 • Fat 58

Weekly Classic





Before you start

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

Ingredients

Chili con Carne	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Red onion	1	2	2	Piece
Garlic cloves	2	3	4	Piece
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
Dried oregano	2	2	4	Grams
Water	100	50	100	ML
Beef stock cube	1	1	2	Piece
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp
To serve				
Avocado	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece
Grated cheddar	60	90	120	Grams
Sour cream	60	90	120	Grams

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



1 Prep

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. Use a spatula to break up the **beef mince** while frying.



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 Simmer

Add the **tomato passata**, **dried oregano**, **measured water**, **stock cube**, and **kidney beans**. 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.



6 Serve

Meanwhile, chop the **avocado** in half and remove the stone. Scoop the flesh into a bowl and mash with a fork. Finely chop the **coriander** and add to the **avocado** with a squeeze of **lime** juice and a generous pinch of **salt**. This is your **guacamole**. Serve the **Chili con Carne** over the **rice**, top with the **cheddar** cheese, **sour cream** and **guacamole**.



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Pro Tip

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

Tips For Fussy Eaters

Leave the chipotle and sriracha out! Add a splash of cream or some cream cheese to round off the flavour.