

Dinner

RECIPE CARD

Chilli & Rice

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

25 minutes

TIME TO COOK

This meal makes for great leftovers the next day.

Avoid reheating rice, always make a fresh batch.

NOTES

Approx 387kcal
per serving

CALORIES

INGREDIENTS

- 1 onion, chopped
- 1 pepper, deseeded and diced
- 2 garlic cloves
- Low-calorie cooking spray
- 1 tsp hot chilli powder
- 1 tap paprika
- 500g lean mince
- 1 beef stock cube
- 400g chopped tomatoes
- 2tbsp tomato purée
- 410g can red kidney beans

METHOD

- ☆☆☆ Prepare the vegetables and spray a pan with low-calorie cooking spray over a medium heat.
- ☆☆☆ Transfer the vegetables into the pan and add the drained kidney beans and the garlic, fry until soft.
- ☆☆☆ Now add the spices, mix well, making sure to coat everything as evenly as possible.
- ☆☆☆ Add the mince and cook until browned.
- ☆☆☆ To 300ml of boiling water, add the stock cube and pour into the pan.
- ☆☆☆ Add the chopped tomato and the purée and mix it all together until combined.
- ☆☆☆ Bring to the boil and let simmer for 20 minutes or until cooked.
- ☆☆☆ Salt and pepper to taste. Serve with a calorie friendly sized portion of rice.