



Harissa white bean chilli

with avocado and vegan sour cream



This chilli is an eloquent fusion of Mexican and Middle Eastern cuisine. Rich flavours combined together to make an extremely satisfying meal full of healthy protein, fats and fibre.

NO ADDED GLUTEN | Great for leftovers, Spicy (mild)



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, medium pot



Pantry items needed: olive oil, salt, freshly ground black pepper



Hands-on: 35-40 minutes
Ready in: 35-40 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Jasmine rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cup
Brown onion	150g	300g
Red capsicum	130g	260g
Garlic	4g	8g
Jalapeno (optional)*	35g	70g
Cannellini beans	1 can	2 cans
Avocado	170g (half)	170g
Lime	80g (half)	80g
Coriander	5g	10g
Olive oil*	1 tbsp	2 tbsp
Cherry tomatoes	125g	250g
Chilli spice mix	1 packet	1 packet
Harissa base	1 tub	1 tub
Water for chilli*	1½ cup	3 cups
Vegetable stock cube	1 (half)	1
Salt and freshly ground pepper*	to taste	to taste
Vegan sour cream	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook rice

Rinse **jasmine rice** in a sieve until the water runs clear. In a small pot, add **jasmine rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

2. Prepare ingredients

Dice **onion** and **capsicum**. Mince **garlic**. Deseed and finely dice **jalapeno (optional)***, reserving some slices for garnish. Drain and rinse **cannellini beans**. Dice **avocado (1/2 for 2 serves and 1 for 4 serves)**. Juice **lime (1/2 for 2 serves and 1 for 4 serves)**. Finely chop **coriander**.

3. Cook chilli

In a medium pot over medium heat, add **olive oil***, **onion**, **capsicum**, **garlic** and diced **jalapeno** and sauté for **4 minutes**. Add **cherry tomatoes** and cook for **5 minutes**. Add **chilli spice mix**, stir to coat and cook for **1 minute**. Stir in **harissa base** and **cannellini beans** (see tip). Reduce heat to a simmer, add **water for chilli*** and **stock cube (1/2 for 2 serves and 1 for 4 serves)** and cook, stirring occasionally, for **12 minutes**.

Remove from heat and add **lime juice**. Add **salt and freshly ground pepper*** to taste. Allow to rest for **2 minutes**.

4. Serve

Serve **rice** and **harissa white bean chilli** into deep bowls. Top with **avocado**, a dollop of **vegan sour cream**, sliced **jalapeno (optional)*** and a sprinkle of **coriander**.

Cooking tip

Stir at regular intervals! Scrape down the sides as you go to make sure you get maximum flavour impact. If there are any remaining whole cherry tomatoes, press down with your spatula or wooden spoon to burst them and then mix through.

Eat your way to healthy!



Cannellini beans are a nutritional powerhouse with particularly high levels of vitamin B9, copper, magnesium and iron. They are loaded with protein which can reduce feelings of hunger and help to maintain a healthy body weight.

Cannellini beans also provide ample fibre with 1 cup being nearly half of your daily requirement. The insoluble fibre can support digestion by fuelling good bacteria and absorbing bad cholesterol.

Nutritional information*

	Per 635g serve	Per 100g
Energy	2673kJ (640Cal)	421kJ (101Cal)
Protein	17.6g	2.8g
Fat, total	20.1g	3.2g
- Saturated	6.0g	0.9g
Carbohydrate	88g	14g
- Sugars	10g	2g
Sodium	469mg	74mg

* Nutritional information is based on averages