

Classic Quorn® Chilli

with steamed broccoli and kale

A traditional chilli cooked in a rich, spicy tomato sauce with red chillies, kidney beans, served with brown rice.

VEGGIE
REBEL

Ingredients



Serves
4

300g Quorn mince
1 onion
2 red chillies
2 cloves garlic
1 red pepper
2 x 15ml spoons vegetable oil
1 x 5ml spoon chilli powder, hot or mild, to your taste
½ x 5ml spoon smoked paprika
2 x 5ml spoon ground cumin
1 x 15ml spoon tomato puree
1 x 15ml spoon malt extract (e.g. Marmite)
400g can chopped tomatoes
500ml tomato passata
100ml reduced salt vegetable stock
200g red lentils
200g tinned kidney beans in water
1 cube dark chocolate – optional
Seasoning
1 bunch coriander leaves
300g brown rice
To Serve
320g kale
320g broccoli

Equipment



Measuring spoons
Scales
Chopping board
Sharp knife
Garlic press
Measuring jug
Large saucepan
Sieve
Colander
Large sauce pan for rice with lid
Steamer



Allergen information

Wheat, Eggs
May contain: Mustard, Milk



Nutrition per serving

Calories	Fat	Sat. Fat	Sugars	Salt
734	13.6g	2.1g	19.5g	0.94g
kcal	LOW	LOW	LOW	LOW

5 of your
5-a-day



Source of
Protein



Low in
Sat Fat



Source of
Fibre



Carbon Footprint

Main meal

0.76

Side dish

0.04

kg CO₂e per portion

2.8

Average daily CO₂ emissions
per person (from food)

Method

1. Peel and dice the onion.
2. Cut the chillies in half, remove the seeds and chop finely.
3. Crush the garlic cloves.
4. Deseed the pepper and cut into 2cm pieces.
5. Heat the oil in a large saucepan and gently fry the onion for 3-4 minutes.
6. Add the chillies, garlic and red pepper and cook for a further minute.
7. Stir in the spices and cook for a further minute.
8. Add the tomato puree and malt extract, stir well.
9. Pour in the tinned tomatoes, passata and vegetable stock.
10. Place the lentils in a sieve and rinse under cold running water then add to the pan.
11. Bring the mixture to the boil then turn down to a simmer (gently bubbling) for 10 minutes, stirring occasionally.
12. Stir in the Quorn mince, bring back to a simmer and cook for a further 8 minutes.
13. Drain the kidney beans and add to the pan.
14. Stir in 1 cube of dark chocolate (if using) and cook for a further 2 minutes.
15. Taste and check the seasoning.
16. Chop the coriander leaves for garnish.

For the rice

1. Bring a large pan of water to the boil. Use a lid to speed up the process.
2. Add the rice, stir and bring back to the boil. Half cover with a lid and cook according to pack instructions.
3. At the end of the cooking time, drain the rice through a sieve.

For the kale and broccoli

1. Cut the broccoli into even sized florets.
2. Place the broccoli and kale into a steamer and cook for 6-7 minutes or until just tender – test with a sharp knife, if it goes into the stem of the broccoli easily, it is cooked.

To serve

1. Place a quarter of the rice onto each plate, top with Quorn chilli and divide the broccoli and kale between the plates. Garnish with the coriander leaves and serve.

Skills used

Measuring, peeling, chopping, frying, boiling, simmering, steaming.

Top tips

- Brown rice takes a little longer to cook than white rice but it's worth it for the nutty flavour and extra fibre.
- When slicing the top off the pepper, no need to waste the top, just discard the green stalk.
- When preparing the chilli, wash your hands straight afterwards and do not touch your eyes, as the seeds and can sting.
- If you like it really spicy use the seeds from the chilli too.
- Dark chocolate gives a richness to the sauce but if you don't have dark chocolate add $\frac{1}{2}$ x 5ml spoon of sugar instead.
- If you don't have a steamer, cook the vegetables in a microwave. Use a microwaveable container, add 2 x 15ml spoons water and cover before cooking on high power for 4-6 minutes or until tender. Microwaves vary so please check manufacturer's instructions.

Prepare now, eat later

- The chilli can be frozen. When defrosting allow enough time to defrost in the fridge, ideally overnight, then reheat until piping hot.
- Chill any leftover chilli, use within 24 hours and reheat until piping hot.
- Any left over rice should be chilled within an hour and kept in a covered container in the fridge for up to 24 hours. It can be eaten cold, made into a salad or reheated. If reheating, it is important to check that it is piping hot all the way through.
- Chill any leftover vegetables and try serving cold with a salad dressing the next day.