

BEAN AND LENTIL CHILI

with Cauliflower 'Rice'



A perfect mix of Indian Curry and Mexican chili!

COOKING TIME: 30 MIN

CALS 270 | PROT 14.9G | CARBS 27.6G | FAT 10.9G



TIPS FOR FUSSY EATERS

Go easy on the spice and serve on a bed of basmati rice.

PRO TIP

You can fry the cauliflower rice or bake it in the oven or even cook it in the microwave...

Easy, fast and so good for you!

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Red kidney beans	150g	225g	300g
Yellow lentils	150g	225g	300g
Chopped tomato	200g	300g	400g
Celery stick	1	1	2
Red onion	1	1	2
Garlic cloves	3	4	6
Turmeric	1g	2g	2g
Cumin powder	3g	4g	5g
Coriander powder	2g	3g	4g
Chili powder	2g	3g	4g
Cauliflower	600g	900g	1.2kg
Vegetable stock cube	1/2	3/4	1
Fresh coriander	10g	15g	20g
Boiling water	800ml	1.2 L	1.6 L



1 CHOP AND FRY

Chop the **onion**, crush the **garlic** and wash and slice the **celery** thinly. Fry them in a pot with a spoon of **oil** for 3-4 minutes until softened.



2 ADD SPICE

Add the spices: **cumin**, **turmeric**, **coriander powder** and **chili powder**. Mix well.



3 SIMMER

Add the rinsed **lentils**, **water**, **vegetable stock cube**, a pinch of **salt** and the **chopped tomato**. Allow to simmer gently for 15 minutes.



4 MAKE THE RICE

Meanwhile grate the **cauliflower** into 'rice' size pieces (you can also use a food processor). Then add **oil** in a large pan and fry the **cauliflower** at medium heat for 5 minutes, tossing and turning. Season with **salt** and **pepper**.



5 SERVE

Finally drain and rinse the **kidney beans** and toss them into the chili. Adjust the seasoning. Serve with the cauliflower rice and plenty of freshly chopped **coriander**.

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