



Chilli Con Carne

Ingredients

- g White Long-Grain Rice
- tbsp Olive Oil
- g Onion, finely chopped
- g Red capsicum, sliced
- g Crushed Tomatoes
- g Can Red Kidney Beans
- Avocado, mashed
- tbsps Chopped Coriander

Instruction

1. In a medium bowl place MAGGI Mexican Plant Based Mince with 1 cup (250mL) water, stir and leave for 10 minutes until water is absorbed.
2. Cook rice according to packet directions and set aside; keep warm.
3. Meanwhile heat a large frying pan over medium to high heat, add oil, onion and capsicum and cook for 2-3 minutes or until softened.
4. Add the MAGGI Mexican Plant Based Mince and cook for 1-2 minutes.
5. Add chopped tomatoes, kidney beans, and $\frac{1}{4}$ cup of water, bring to a boil; reduce heat and simmer uncovered for 8-10 minutes stirring occasionally.
6. Serve over rice, top with avocado, chopped coriander, and a dallop of sour cream if desired.

Nutrition

Carbohydrates	51.18 g
Energy	363.68 kcal
Fats	11.91 g
Protein	11.66 g

30 Minutes

4