

# Chilli Rice

## Ingredients

Click the image below for a [video guide](#).



- 1 tbsp oil
- 1 onion, finely chopped
- Pepper, finely chopped
  - 2 tsp chilli powder
  - 2 tsp ground cumin
- 2 garlic cloves, finely chopped
- 2 x 400g tins of chopped tomatoes
- 1 x 400g tin of kidney beans (drained)
  - 200ml beef/veg stock.
- 300g of mince (any will do)
  - 300g rice

## Method

1. In a pan, cook your rice as per the instructions.
2. In a pan, add your oil and fry the onion and pepper. Also add your mince.
3. When the onion begins to soften add the chilli powder, cumin and garlic. Stir for a minute.
4. Add your tinned tomatoes and kidney beans then add in your stock.
5. Stir well and bring to the boil, before covering and simmer until your mince is cooked.
6. When your rice is ready, add to your mince, stir well and serve.

---

## The Finer Details

**Per Portion**  
**425** Calories  
**21.5g** Protein  
**80g** Carbs  
**3.5g** Fat

---