



Mexicali pumpkin and kidney bean chilli

with tri-colour quinoa



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot



Pantry items needed: olive oil



Hands-on: 15-20 minutes
Ready in: 35-40 minutes



Serves: 2 or 4

Feed your gut microbiome with this Mexican-inspired chilli stew packed with vegetables and beans for all of your dietary needs! With smokey adobo sauce, perfectly spiced and packed with protein and fibre.

NO ADDED GLUTEN | HIGH PROTEIN | CALORIE SMART | WHOLE FOOD PLANT-BASED | Freezer friendly, Great for leftovers

Before you start

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

Ingredients

	2 serves	4 serves
Pumpkin	260g	520g
Capsicum	200g	400g
Onion	150g	300g
Garlic	8g	16g
Kidney beans	1 can	2 cans
Black beans	1 can	2 cans
Tri-colour quinoa	1 packet	1 packet
Olive oil* (or water – see tip)	1 tbsp	2 tbsp
Smoky chilli spice	1 packet	1 packet
Adobo sauce	1 tub	1 tub
Diced tomatoes	1 can	2 cans
Water*	1¼ cup	2½ cup
Vegetable stock cube	1 (half)	1

* Pantry items

Allergens and ingredients

May contain traces of allergens.

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

Instructions

1. Prepare ingredients

Peel and dice **pumpkin** into 1cm cubes. Slice **capsicum** into quarters. Finely slice **a quarter** of the **capsicum** (¼ for 2 serves and ½ for 4 serves) and reserve for garnish. Dice remaining **capsicum** into 2cm pieces. Finely dice **onion**. Mince **garlic**. Drain and rinse **kidney beans** and **black beans**. Using a fine sieve, rinse **tri-colour quinoa** under running water for about **30 seconds**.

2. Cook chilli

In a large pot over medium heat, add **olive oil*** (or **water – see tip**) and **onion** and cook until translucent, about **5 minutes**. Add **garlic** and **smoky chili spice** and stir to coat for **30 seconds**. Add **pumpkin**, **kidney beans**, **black beans**, **quinoa**, **adobo sauce**, **diced tomatoes**, **water*** and **crumbled vegetable stock cube** (½ for 2 serves and 1 for 4 serves). Stir and bring to a boil. Add **capsicum**, turn heat to low and simmer until **pumpkin** has softened and **quinoa** is cooked, about **25-30 minutes**.

3. Serve

Serve **Mexicali pumpkin and kidney bean chilli** into bowls and garnish with reserved **capsicum**.

Cooking tip

For a healthier option, instead of oil, add water (2 tbsp for 2 serves or 4 tbsp for 4 serves). If the vegetables start to stick while cooking, add more water 1 tbsp at a time.

Eat your way
to healthy!



Kidney beans have slightly less fat than other varieties of beans, a heap of fibre and a variety of important nutrients such as iron, phosphorus, folate (B9) and vitamin B1.

The high dietary fibre found in kidney beans can regulate the amount of blood sugar and insulin in the body, helping to reduce blood glucose levels and body weight gain.

Nutritional information*

	Per 645g serve	Per 100g
Energy	1909kJ (457Cal)	296kJ (71Cal)
Protein	29.1g	4.5g
Fat, total	3.5g	0.5g
- Saturated	0.4g	0.1g
Carbohydrate	63.0g	10.0g
- Sugars	22.0g	3.0g
Sodium	835mg	129mg

* Nutritional information is based on averages