

Nutritious & Delicious Main Course Recipes



Vegetable & Bean Chilli & Brown Basmati Rice

Ingredients (serves 6)

300g brown basmati rice
1 tbsp olive oil
1 clove garlic, finely chopped
thumb-sized piece ginger, finely chopped
1 med red onion, chopped
2 small (200g) courgettes, diced
1 red pepper, deseeded and chopped
1 yellow pepper, deseeded and chopped
1 tbsp chilli powder
100g red lentils, washed and drained
1 tbsp tomato purée
1 x 400g cans chopped tomatoes
400g can butter beans, drained
400g can kidney beans in water, drained

Method

1. Cook the brown rice to the packets instructions.
2. Heat the oil in a large pan.
3. Cook the garlic, ginger, onion, for a few minutes until they start to soften.
4. Add courgettes and peppers for about 5 mins until starting to soften.
5. Add the chilli powder and cook for 1 min more.
6. Stir in the lentils, tomato purée, tomatoes and 250ml water.
7. Bring to the boil and cook for 15-20 mins.
8. Add the beans and cook for a further 10 mins.

Key Nutrients

Portion	449g	100g	
Calories	1770 (kJ)	394 (kJ)	
Calories	419 (kcal)	93 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	4.8g	1.1g	Low
Saturates	0.9g	0.2g	Low
Sugars	9.5g	2.1g	Low
Salt	1.50g	0.30g	Low
Protein	88.5g	14.8g	-

Low Fat

Allergens: None