



Alström Syndrome UK
Strength for today, hope for the future

Stay Fit, Stay Healthy, Stay Happy

Simmie's Veggie Chilli with Herby Rice



Preparation Time
10-15 minutes

Cooking Time
40-50 minutes

Serves 2

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What will I need?

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| Low-calorie cooking spray | 2 tablespoons tomato purée |
| 1 medium onion, finely chopped | 400g can chopped tomatoes |
| 1 courgette, cut into small cubes | 100g of frozen or tinned sweetcorn, drained |
| 1 carrot, peeled and cut into small cubes | 400g can of red kidney beans in chilli sauce |
| 1 red and 1 yellow pepper, deseeded and cut into small cubes | 150g dried long-grain rice |
| 2 garlic cloves, finely chopped | A handful of fresh coriander, roughly chopped or 2 teaspoons of dried herbs |
| 1 teaspoon finely grated fresh root ginger | Salt and freshly ground black pepper |
| 2 level teaspoons chipotle chilli paste | ½ red chilli, deseeded and finely chopped |
| 100g dried red lentils, washed and drained | Lime wedges, to serve |

What will I need to do?

1. Place a wide pan over a medium heat and spray with low-calorie cooking oil.
2. Add the chopped onion, courgette, carrot, peppers, garlic and ginger and fry for 5 minutes, or until softened.
3. Add the chipotle paste and fry for 1-2 minutes.
4. Stir in the lentils, tomato purée, tomatoes and 250ml water, bring to the boil and cook for 15-20 minutes.
5. Add the sweetcorn and beans to the chilli and cook for a further 10 minutes.
6. Meanwhile, cook the rice according to the packet instructions, adding a teaspoon of dried mixed herbs to the water.
7. Drain the rice and stir in half the fresh coriander.
8. Remove the chilli from the heat, season well, then scatter over the remaining coriander and the red chilli.

Top Tips

Always wash your hands thoroughly after chopping Chilli peppers. Serve with lime wedges, for squeezing over, to add a zesty zing.