



VEGETARIAN CHILLI



PREP TIME
20MINS



COOK TIME
50MINS



SERVES
6

This vegan chilli con carne is perfect for a healthy, meat-free meal. If you're a meat-eater, the roasted butternut squash and smoky flavour from the Gran Luchito Chipotle Paste means that you won't miss the taste of meat whatsoever in this vegan dish, we promise.

1 BUTTERNUT SQUASH, PEELED AND
DICED INTO 1 INCH CUBES
1 LARGE ONION, ROUGHLY CHOPPED
5 GARLIC CLOVES, WHOLE WITH SKIN
2 PEPPERS, ROUGHLY CHOPPED
4 SPRIGS OF THYME
1 TEASPOON DRIED OREGANO
3 TABLESPOONS OLIVE OIL
SALT AND FRESHLY GROUND BLACK
PEPPER
2 X 400G / 14 OZ CANS CHOPPED
TOMATOES

400G / 14 OZ CAN CHICKPEAS
400G / 14 OZ CAN KIDNEY BEANS
100ML / 3 FL. OZ VEGETABLE
STOCK
2 TEASPOONS GRAN LUCHITO CHIPOTLE
PASTE
1 BUNCH OF CORIANDER, STALKS AND
LEAVES CHOPPED SEPARATELY
TO SERVE:
450G / 3 CUPS STEAMED WHITE RICE
GUACAMOLE
GRAN LUCHITO FIRE ROASTED SERRANOS



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KCAL 130



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PREHEAT THE OVEN TO 180°C / 350°F / GAS 4.

PLACE THE SQUASH IN A ROASTING PAN WITH THE ONION, GARLIC, PEPPERS, THYME AND OREGANO. DRIZZLE WITH THE OLIVE OIL ON TOP AND SEASON WITH SALT AND PEPPER. BAKE IN THE OVEN FOR 25 MINUTES UNTIL COOKED THROUGH AND THE SQUASH BEGINS TO BLACKEN ON ITS EDGES.

ONCE READY, REMOVE THE TRAY FROM THE OVEN, THEN DISCARD THE THYME STALKS AND SQUEEZE OUT THE GARLIC FLESH (DISCARDING SKINS). MASH THE GARLIC WITH YOUR KNIFE INTO A PASTE AND MIX WITH THE REST OF THE ROASTED VEGGIES.

MEANWHILE, IN A LARGE SAUCEPAN MIX THE TOMATOES, CHICKPEAS, KIDNEY BEANS, VEGETABLE STOCK, CHIPOTLE PASTE AND CORIANDER STALKS. COVER WITH A LID AND SIMMER FOR 30 MINUTES OVER LOW HEAT, THEN SEASON WITH SALT AND PEPPER.

NOW IS A GOOD TIME TO PREPARE THE RICE AND GUACAMOLE. AFTER 30 MINUTES, ADD THE ROASTED VEGETABLES WITH THE SAUCE AND STIR. KEEP WARM UNTIL READY TO SERVE.

JUST BEFORE SERVING, STIR THROUGH THE CORIANDER LEAVES AND SERVE WITH A SIDE OF WHITE RICE. TOP WITH A BIT OF GUACAMOLE AND FIRE ROASTED SERRANOS.