

# Chili con Carne and Rice

Feeds 4

Cost £1.60



2 x supermarket tinned Chili Con Carne  
2 x Boil in the Bag Rice

## Cooker Method

1. Boil water in a large pot.
2. Put the 2 unopened bags of rice in the pot.
3. Make sure the rice is covered by the water.
4. OPTIONAL Add a pinch or 2 of salt.
5. Cover the pan and simmer.
6. Cook for recommended time on the pack usually 10-12 minutes.
7. Meanwhile, empty the Chili con carne into a pot and follow the heating instructions on the tin.
8. Check the rice is tender.
9. Cook for another couple of minutes if it's not soft enough.
10. Lift the bag out using a fork in the loop and drain.
11. Cut open bag and fluff up with a fork.
12. Check Chili con carne is warmed through.
13. Plate up and serve!

## Microwave Method

1. Boil the kettle for the rice.
2. Put the 2 unopened bags of rice in a microwavable bowl.
3. Make sure the rice is covered by the water.
4. Cover and cook on high 12-15 minutes.
5. OPTIONAL Add a pinch or 2 of salt.
6. Check the rice is tender.
7. Empty the Chili con carne into a microwavable bowl and follow the heating instructions on the tin.
8. Lift the bag out using a fork in the loop and drain.
9. Cut open bag and fluff up with a fork.
10. Check Chili con carne is warmed through.
11. Plate up and serve!

Our meal kits use only non-perishable ingredients to ensure that the food is still in good condition when you cook the meal.

## ***After you've tried it -- How did you like it?***

Please take a moment to say what you liked or did not like about this meal kit, using the short survey at <https://forms.gle/qfGQ1pucRVh4WZot8> or write to us at **FACTorbay@gmail.com**.



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