**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**

**What will I need?**

 Low-calorie cooking spray

1 medium onion, finely chopped

1 courgette, cut into small cubes

1 carrot, peeled and cut into small cubes

1 red and 1 yellow pepper, deseeded and cut into small cubes

2 garlic cloves, finely chopped

1 teaspoon finely grated fresh root ginger

2 level teaspoons chipotle chilli paste

100g dried red lentils, washed and drained

2 tablespoons tomato purée

400g can chopped tomatoes

100g of frozen or tinned sweetcorn, drained

400g can of red kidney beans in chilli sauce

150g dried long-grain rice

A handful of fresh coriander, roughly chopped or 2 teaspoons of dried herbs

Salt and freshly ground black pepper

½ red chilli, deseeded and finely chopped

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 the food to add a zesty zing.**