



Everything But The Chef

hello@hellofresh.com.au

02 81 888 722

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Mexican Chilli Con Carne Bowl

We know bowls are a bit trendy right now, but this one is well deserving of its hip appearance. If you're a bit shy when it comes to chilli, try adding just half of the Tapatio hot sauce (you can always add more when you come to serve it if you need more fire!). If you had Mexican relegated to junk food status, this brown rice version with fresh herbs and avocado is going to put it back on the menu for you!

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- lactose free**
- gluten free**
- high protein**
- spicy**

Pantry Items

- Water
- Olive Oil



Brown Rice



Brown Onion



Mexican Beef Mince



Red Kidney Beans



Zucchini



Diced Tomatoes



Tapatio Hot Sauce



Avocado



Coriander

2P	4P	Ingredients
2/3 cup	1 1/3 cups	brown rice
1 1/2 cups	3 cups	water *
2 tsp	1 tbs	olive oil *
1/2	1	brown onion, finely chopped
250 g	500 g	Mexican beef mince
1 tin	2 tins	red kidney beans, drained & rinsed
1	2	zucchini, grated ⊕
1 tin	2 tins	diced tomatoes
1 sachet	2 sachets	Tapatio hot sauce
1	2	avocado, diced A
1/2 bunch	1 bunch	coriander, leaves picked ⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3620	Kj
Protein	47.2	g
Fat, total	37.8	g
-saturated	10.3	g
Carbohydrate	75.5	g
-sugars	10.9	g
Sodium	726	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, sieve, grater, medium pot, medium frying pan.*

1 Place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium pot and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft and the water is absorbed.

2 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **Mexican beef mince** and cook, breaking up with a wooden spoon, for **2-3 minutes** or until browned. Add the **red kidney beans, zucchini, diced tomatoes** and **Tapatio hot sauce**. Bring to the boil. Reduce the heat to medium-low and simmer for **5-10 minutes** or until the sauce has thickened.

3 Divide the brown rice and the Mexican chilli between bowls. Top with the **avocado** and fresh **coriander leaves**.



Did you know? Avocados contain more potassium than bananas!