



# Firecracker Black Bean Burrito Bowl

with Spinach Salsa, Rapid Rice & Sour Cream

Grab your Meal Kit with this symbol



Vegetable Stock Powder



Basmati Rice



Carrot



Sweetcorn



Baby Spinach Leaves



Black Beans



Tomato Paste



Mexican Fiesta Spice Blend



Cheddar Cheese



Light Sour Cream



Tomato Salsa



Beef Mince

Prep in: 15-25 mins  
Ready in: 25-35 mins

This burrito bowl is guaranteed to be a new favourite. Our star Mexican Fiesta spice blend gives the beans oodles of flavour (and a little bit of heat!), while the tangy sour cream and fresh spinach salsa tie it all together.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar, Butter



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water* (for the rice)</b>	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
carrot	1	2
sweetcorn	1 small tin OR ½ large tin	1 large tin
baby spinach leaves	1 small bag	1 medium bag
black beans	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
tomato paste	1 packet	1 packet
Mexican Fiesta spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
<b>water* (for the beans)</b>	¼ cup	½ cup
<b>butter*</b>	20g	40g
Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
tomato salsa	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3362kJ (804Cal)	577kJ (138Cal)
Protein (g)	31.7g	5.4g
Fat, total (g)	24.9g	4.3g
- saturated (g)	14.4g	2.5g
Carbohydrate (g)	105g	18g
- sugars (g)	17.3g	3g
Sodium (mg)	1870mg	321mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4307kJ (1029Cal)	609kJ (146Cal)
Protein (g)	59.3g	8.4g
Fat, total (g)	37.7g	5.3g
- saturated (g)	20g	2.8g
Carbohydrate (g)	105g	14.8g
- sugars (g)	17.3g	2.4g
Sodium (mg)	1945mg	275mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Cook the rice

- In a medium saucepan, add the **water (for the rice)** and **vegetable stock powder**. Bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat. Keep covered until the rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

3



## Cook the beans

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Add **carrot** and **black beans** and cook, stirring until softened, **2-3 minutes**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Stir in **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.
- Reduce heat to medium, add the **water (for the beans)** and the **butter** and cook, stirring, until slightly thickened, **1-2 minutes**. Season.

**Custom Recipe:** Cook beef mince with beans, breaking mince up with a spoon, until browned, 4-5 minutes. Drain oil from pan before adding the tomato paste and spice blend. Continue as above.

2



## Get prepped

- While the rice is cooking, grate **carrot**. Drain **sweetcorn** (see ingredients). Roughly chop **baby spinach leaves**. Drain and rinse **black beans**.
- In a medium bowl, add **sweetcorn**, **spinach**, a drizzle of the **white wine vinegar** and a drizzle of **olive oil**. Season and set aside.

**Custom Recipe:** If you've added beef mince, only drain and rinse half the black beans.

4



## Serve up

- Divide rice, firecracker black beans and spinach salsa between bowls.
- Sprinkle over **Cheddar cheese**. Top with **light sour cream** and **tomato salsa** to serve. Enjoy!

## Rate your recipe

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