



Fiery Mexican Black Bean Burrito Bowl

with Spinach Salsa, Jasmine Rice, Sour Cream & Volcano Sauce

Grab your Meal Kit with this symbol



Jasmine Rice



Vegetable Stock Powder



Carrot



Sweetcorn



Baby Spinach Leaves



Black Beans



Pickled Jalapeños (Optional)



Tomato Salsa



Tomato Paste



Mexican Fiesta Spice Blend



Cheddar Cheese



Light Sour Cream



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
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 small bag	1 medium bag
black beans	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
pickled jalapeños (optional)	1 medium packet	1 large packet
tomato salsa	1 medium packet	1 large packet
tomato paste	1 packet	1 packet
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
water* (for the sauce)	¼ cup	½ cup
butter*	20g	40g
Cheddar cheese	1 medium packet	1 large packet
light sour cream	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)	3346kJ (800Cal)	589kJ (141Cal)
Protein (g)	31.5g	5.5g
Fat, total (g)	24.9g	4.4g
- saturated (g)	14.4g	2.5g
Carbohydrate (g)	103g	18.1g
- sugars (g)	15.1g	2.7g
Sodium (mg)	2053mg	362mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4292kJ (1026Cal)	620kJ (148Cal)
Protein (g)	59.1g	8.5g
Fat, total (g)	37.7g	5.4g
- saturated (g)	20g	2.9g
Carbohydrate (g)	103g	14.9g
- sugars (g)	15.1g	2.2g
Sodium (mg)	2127mg	307mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the rice

- To a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **jasmine rice** and **vegetable stock powder**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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

3



Cook beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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 sauce)** 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 and make the volcano sauce

- Meanwhile, grate **carrot**. Drain **sweetcorn**. 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.
- Roughly chop **pickled jalapeños (if using)**. In a small bowl, combine **tomato salsa** and **jalapeños**.

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

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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