



# Naked Bean Burrito Bowl

with Radish Salsa, Plant-Based Yoghurt & Pickled Onion

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Kidney Beans



Carrot



Tomato



Red Onion



Red Radish



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Plant-Based Coconut Yoghurt



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart\*

Plant Based\*

\*Custom Recipe is not Plant Based or Calorie Smart

Simmer hearty kidney beans with Tex-Mex spices and our mild chipotle sauce and you'll have a plant-based protein that will see everyone wiping their plates clean. Serve over fluffy garlic rice to soak up all the saucy deliciousness.

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

### Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, Plant-Based 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
garlic	3 cloves	6 cloves
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
red kidney beans	1 packet	2 packets
carrot	1	2
tomato	1	2
red onion	1	2
red radish	1	2
<b>white wine vinegar*</b>	1 tbs	2 tbs
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
mild chipotle sauce	½ packet	1 packet
<b>water*</b> (for the beans)	⅓ cup	⅔ cup
<b>brown sugar*</b>	½ tsp	1tsp
<b>plant-based butter*</b>	20g	40g
plant-based coconut yoghurt	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2332kJ (557Cal)	482kJ (115Cal)
Protein (g)	16.9g	3.5g
Fat, total (g)	11.3g	2.3g
- saturated (g)	5.2g	1.1g
Carbohydrate (g)	94.2g	19.5g
- sugars (g)	17.7g	3.7g
Sodium (mg)	833mg	172mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (784Cal)	538kJ (129Cal)
Protein (g)	44.5g	7.3g
Fat, total (g)	24.2g	4g
- saturated (g)	10.8g	1.8g
Carbohydrate (g)	94.2g	15.5g
- sugars (g)	17.7g	2.9g
Sodium (mg)	907mg	149mg

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.

1



## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Reduce heat to low, then cover with a lid. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

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

4



## Cook the carrot

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, stirring, until tender, **2-3 minutes**.

**Custom Recipe:** Cook beef mince with the carrot (no need for oil), breaking up beef with a spoon, until browned and cooked through, 3-4 minutes. Drain oil from pan.

2



## Get prepped

- While the rice is cooking, drain and rinse **red kidney beans**.
- Grate **carrot**.
- Roughly chop **tomato**.
- Thinly slice **red onion** and **red radish**.

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

5



## Bring it all together

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **Tex-Mex spice blend**, **tomato paste** and remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Stir in **kidney beans**, **mild chipotle sauce** (see ingredients), the **water (for the beans)**, **brown sugar** and **plant-based butter**. Simmer until slightly thickened, **1-2 minutes**.
- Season to taste.

3



## Make the salsa

- In a small heatproof bowl, combine **onion**, the **white wine vinegar**, a splash of **water** and a good pinch of **sugar** and **salt**.
- Microwave **pickled onion mixture** in **30 second** bursts, until softened.
- In a medium bowl add **radish** and **tomato**. Drizzle with **olive oil**. Toss to combine. Season with **salt** and **pepper** to taste.

6



## Serve up

- Divide garlic rice between bowls.
- Top with beans, radish-tomato salsa and pickled onion.
- Serve with **plant-based coconut yoghurt**. Enjoy!

**Custom Recipe:** Top garlic rice with beef, beans, radish-tomato salsa and pickled onion.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW12

