



Mexican Black Bean Burrito Bowl

with Spinach Salsa, Rapid Rice & Sour Cream

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Basmati Rice



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



Chicken Tenderloins

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.

Pantry items

Olive Oil, White Wine Vinegar, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
carrot	1	2
sweetcorn	1 medium tin	1 large tin
baby spinach leaves	1 small packet	1 medium packet
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 medium packet	1 large packet
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
butter*	20g	40g
Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3303kJ (790cal)	297kJ (71cal)
Protein (g)	30.1g	2.7g
Fat, total (g)	24.3g	2.2g
- saturated (g)	14.4g	1.3g
Carbohydrate (g)	103.7g	9.3g
- sugars (g)	15.8g	1.4g
Sodium (mg)	1947mg	175.1mg
Dietary Fibre (g)	20.7g	1.9g

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.

We're here to help!

Scan here if you have any questions or concerns

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Cook rapid rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and the **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.



Cook 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** and **butter** and cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste.



Get prepped

- Meanwhile, grate **carrot**. Drain **sweetcorn**. Roughly chop **baby spinach leaves**. Drain and rinse **black beans**.
- In a medium bowl, add **sweetcorn**, **spinach** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper** and set aside.
- Roughly chop **pickled jalapeños**.
- In a small bowl, combine **tomato salsa** and **jalapeños**.



Serve up

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

CUSTOM OPTIONS



ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

