



Mexican Black Bean Burrito Bowl

with Spinach Salsa, Rapid Rice & Sour Cream

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



White Rice



Carrot



Sweetcorn



Baby Spinach Leaves



Black Beans



Pickled Jalapeños (Optional)



Tomato Salsa



Tomato Paste



Mexican Fiesta Spice Blend



Cheddar Cheese



Light Sour Cream



Coriander



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
white rice	1 medium packet	1 large packet
water* (for the rice)	1 ¼ cup	1 ½ cups
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 large packet	2 large packets
light sour cream	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3285kJ (785cal)	294kJ (70cal)
Protein (g)	30.2g	4.6g
Fat, total (g)	16.7g	1.8g
- saturated (g)	2.9g	0.3g
Carbohydrate (g)	36.6g	3.9g
- sugars (g)	18.6g	2g
Sodium (mg)	107mg	11.5mg
Dietary Fibre (g)	7.3g	0.8g

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

- Rinse and drain **white rice**.
- Add the **water** to a medium saucepan and bring to the boil.
- Add **white rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan from heat and keep covered until **rice** is tender and all the water is absorbed, **10 minutes**.

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



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**, then 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.

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 each side. Add to bowl to serve.

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



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 to taste with **salt** and **pepper**, then set aside.
- Roughly chop **pickled jalapeños**.
- In a small bowl combine **tomato salsa** and **jalapeños**.



Serve up

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