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Brazilian Black Bean & Rice Salad

This tasty Brazilian salad is inspired by arguably the country's most famous dish, Feijoada. Black beans with rice is an authentic Brazilian combination, and it's the perfect backdrop for lovely, lime drizzled wedges of smooth avocado. Bon appetite!



Prep: 15 mins



Cook: 15 mins



Total: 30 mins



level 1



gluten free



spicy

Pantry Items



Water



Butter



Olive Oil



Basmati Rice



Coriander



Red Onion



Garlic



Long Red Chilli



Black Beans



Cherry Tomatoes



Lime



Avocado

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2P	4P	Ingredients
¾ cup	1 ½ cups	basmati rice, rinsed well
3 cups	6 cups	water *
1 tsp	2 tsp	butter *
1 bunch	2 bunches	coriander, finely chopped
1 tbs	2 tbs	olive oil *
1	2	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1	2	long red chilli, finely sliced
1 tin	2 tins	black beans, drained & rinsed
1 punnet	2 punnets	cherry tomatoes, halved
1	2	lime, juiced
1	2	avocado, sliced

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3020	Kj
Protein	21.8	g
Fat, total	27.4	g
-saturated	5.8	g
Carbohydrate	103	g
-sugars	10.3	g
Sodium	860	mg



You will need: sieve, chef's knife, chopping board, garlic crusher, medium saucepan, large bowl, medium frying pan, wooden spoon and a small bowl.

1 Place the **basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes** or until the basmati rice is soft. Drain. Transfer to a large bowl and stir through the **butter** and half of the **coriander**. Season to taste with **salt** and **pepper**.



2 Meanwhile, heat half of the **olive oil** in a medium frying pan. Add the **red onion** and cook for **3 minutes** or until soft. Add the **garlic** and half of the **long red chilli** and cook for **1 minute**, or until fragrant. Add the **black beans** and cook, stirring, for **1-2 minutes** or until heated through. Transfer to the basmati rice with the **cherry tomatoes**. Season to taste with salt and pepper. Toss well.



3 In a small bowl combine the **lime juice**, remaining coriander, remaining long red chilli and the remaining olive oil.

4 To serve, divide the basmati rice and black bean salad between plates. Top with the **avocado slices** and drizzle with the salsa. Dig in.



Did you know? Brazil is the largest country in both South America and Latin America.