



# Loaded Pork & Black Bean Chilli

with Brown Rice & Cheddar Cheese

Grab your Meal Kit with this symbol



Brown Rice



Capsicum



Lemon



Garlic



Carrot



Black Beans



Pork Mince



Mexican Fiesta Spice Blend



Passata



Baby Spinach Leaves



Coriander



Shredded Cheddar Cheese



Light Sour Cream

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Spicy (Mexican Fiesta spice blend)

Pop go the black beans in this fully loaded chilli! Fry them in a dry pan to make them crispy on the outside with a fluffy centre, the perfect topper for a soul-satisfying chilli made with pork mince, warming spices and veggies.

### Pantry items

Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
water*	3 cups	6 cups
capsicum	1	2
lemon	½	1
garlic	2 cloves	4 cloves
carrot	1	2
black beans	½ tin	1 tin
pork mince	1 small packet	1 medium packet
Mexican Fiesta spice blend	1 sachet	2 sachets
passata	1 box	2 boxes
butter*	20g	40g
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
coriander	1 bag	1 bag
shredded 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)	3806kJ (909Cal)	558kJ (133Cal)
Protein (g)	46.5g	6.8g
Fat, total (g)	43.3g	6.3g
- saturated (g)	22.9g	3.4g
Carbohydrate (g)	75.1g	11g
- sugars (g)	19.8g	2.9g
Sodium (mg)	1526mg	224mg

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.



## Cook the brown rice

In a medium saucepan, bring the **brown rice** and the **water** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan.



## Get prepped

While the rice is cooking, cut the **capsicum** into small chunks. Cut the **lemon** into wedges. Finely chop the **garlic**. Grate the **carrot**. Drain and rinse the **black beans** (see ingredients).



## Pop the beans

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **black beans**, tossing, until they make a popping sound, **3-5 minutes**. Transfer to a plate.

**TIP:** The "popped" beans will be your garnish.



## Start the chilli

**SPICY!** The spice blend is hot, use less if you're sensitive to heat. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **capsicum** and **pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Add the **garlic**, **carrot** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.



## Finish the chilli

Reduce the heat to medium and add the **passata** and a good splash of **water** to the **pork mixture**. Simmer until thickened, **2 minutes**. Stir through the **butter** and the **salt**. Stir through the **baby spinach** until wilted, **1-2 minutes**. Season with **pepper**.



## Serve up

Roughly chop the **coriander**. Divide the brown rice and pork chilli between bowls. Top with the popped black beans, **shredded Cheddar cheese**, **light sour cream** and coriander. Serve with the lemon wedges.

Enjoy!