



MEXICAN BEAN & BROWN RICE BOWL

with Avocado & Cheddar Cheese



Hide healthy veggies in a hearty chilli con carne



Red Kidney Beans



Beef Mince



Zucchini



Brown Onion



Brown Rice



Mild Mexican Spice Blend



Avocado



Cheddar Cheese



Coriander



Diced Tomatoes



Hands-on: 20 mins
Ready in: 40 mins

We know bowls are a bit trendy right now, but this one is well deserving of its hip appearance. If you had Mexican relegated to junk food status, this nourishing version with fresh herbs and avocado is going to put it back on the menu! The kids will love this warming bowl, packed with veggies but full of flavour!

Pantry Staples: Olive Oil, Red Wine Vinegar, Sugar, Salt, Water

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve, medium saucepan with a lid, chef's knife, chopping board, box grater, medium frying pan, wooden spoon and a spoon.**



1 COOK THE RICE

Rinse the **brown rice** well. Bring the rice and the **water (check ingredients list for the amount)** to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, covered, for **25-30 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm.



2 GET PREPPED

While the rice is cooking, finely chop the **brown onion**. Drain and rinse the **red kidney beans**. Grate the **zucchini**.



3 BROWN THE MINCE

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook for **4-5 minutes**, or until soft. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned. Add the **mild Mexican spice blend** and cook for **1 minute**, or until fragrant.



4 MAKE THE MEXICAN BEANS

Add the **red kidney beans, diced tomatoes, zucchini, red wine vinegar, sugar and salt (use suggested amount)** to the pan with the beef. Bring to the boil, then reduce the heat to medium-low and simmer for **10 minutes**, or until the sauce has thickened. **TIP:** Letting chilli simmer allows the flavour to deepen, making for a more delicious dish!



5 PREPARE THE TOPPINGS

While the chilli is cooking, dice the **avocado** flesh. **TIP:** Slice the avocado into cubes while still in the skin, then scoop the cubed flesh out with a spoon. Pick and finely chop the **coriander** leaves. Grate the **Cheddar cheese**.



6 SERVE UP

Divide the brown rice and Mexican chilli con carne between bowls. Top with the avocado cubes, coriander and grated Cheddar.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown rice	2 packets (1 1/2 cups)
water*	6 cups
brown onion	1
red kidney beans	1 tin (400 g)
zucchini	2
beef mince	1 packet
mild Mexican spice blend	2 sachets (2 tbs)
diced tomatoes	2 tins (800 g)
red wine vinegar*	1 tbs
sugar*	2 tsp
salt*	3/4 tsp
avocado	1
coriander	1 bunch
Cheddar cheese	1 block (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3290kJ (787Cal)	321kJ (77Cal)
Protein (g)	47.2g	4.6g
Fat, total (g)	30.9g	3.0g
- saturated (g)	11.3g	1.1g
Carbohydrate (g)	72.6g	7.1g
- sugars (g)	10.0g	1.0g
Sodium (g)	381mg	37mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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