

Mexican Beef & Black Bean Chilli

with Cauliflower Rice, Tomato-Spinach Salsa & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Tomato



Mexican Fiesta Spice Blend



Tomato Paste



Black Beans



Cauliflower Rice



Beef Mince



Greek-Style Yoghurt

Recipe Update

Unfortunately, this week's chicken mince was in short supply, so we've replaced it with beef mince. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 25-35 mins

 Eat Me Early

Beef mince is such a versatile protein, and an ideal one for absorbing the bold flavours in this Mexican-inspired dish. Make sure not to skip the butter; it's key for mellowing out the acidity and spiciness of the chilli. A dollop of yoghurt also adds a lovely cooling factor, plus creaminess and tang.

Pantry items

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
cauliflower rice	1 packet (250g)	1 packet (500g)
salt*	¼ tsp	½ tsp
butter* (for the cauli rice)	20g	40g
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
beef mince	1 small packet	1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
black beans	1 tin	2 tins
brown sugar*	1 tsp	2 tsp
butter* (for the sauce)	20g	40g
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2997kJ (716Cal)	492kJ (117Cal)
Protein (g)	48.6g	8g
Fat, total (g)	33.9g	5.6g
- saturated (g)	18g	3g
Carbohydrate (g)	46.5g	7.6g
- sugars (g)	16.7g	2.7g
Sodium (mg)	1577mg	259mg

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.

1



Cook cauliflower rice & get prepped

- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **cauliflower rice** until softened, **2-4 minutes**.
- Add the **salt**, the **butter (for the cauli rice)** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.
- Roughly chop **baby spinach leaves** and **tomato**. Set aside

3



Make the salsa

- Meanwhile, combine **baby spinach**, **tomato** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl.
- Season to taste.

2



Cook the chilli

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef mince**, breaking up with a spoon, until browned, **4-5 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Stir in **Mexican Fiesta spice blend**, **tomato paste** and remaining **garlic** until fragrant, **1-2 minutes**.
- Add **black beans** (including the tin liquid!), the **brown sugar** and the **butter (for the sauce)**. Cook until slightly thickened, **3-4 minutes**. Season to taste.

TIP: For best results, drain the oil from the pan before adding the spice blend.

TIP: The black bean tin liquid helps season and thicken the chilli!

4



Serve up

- Divide cauliflower rice between bowls. Top with Mexican beef and black bean chilli.
- Spoon over tomato-spinach salsa. Serve with a dollop of **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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