

# Spiced Kidney Bean & Veggie Fajita Bowl

with Cheddar, Tomato Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Capsicum



Brown Onion



Sweetcorn



Red Kidney Beans



Mexican Fiesta Spice Blend



Tomato Paste



Coriander



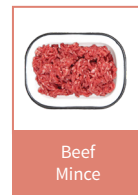
Shredded Cheddar Cheese



Tomato Salsa



Light Sour Cream



Beef Mince

### Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **30-40 mins**  
Ready in: **35-45 mins**

 Naturally Gluten-Free  
*Not suitable for coeliacs*

This colourful fajita bowl is wonderfully hearty, and bursting with all the best flavours and textures. From the cumin, paprika and chilli-spiced kidney beans, to the subtly sweet veggies and rich garlic rice, you can't go wrong here.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Brown Sugar



## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	40g	80g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1 ½ cups	3 cups
capsicum	1	2
brown onion	½	1
sweetcorn	1 tin (125g)	1 tin (420g)
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
<b>brown sugar*</b>	½ tsp	1 tsp
coriander	1 bag	1 bag
shredded Cheddar cheese	1 medium packet	1 large packet
tomato salsa	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3832kJ (916Cal)	673kJ (161Cal)
Protein (g)	27.4g	4.8g
Fat, total (g)	40.8g	7.2g
- saturated (g)	22.4g	3.9g
Carbohydrate (g)	102.5g	18g
- sugars (g)	19.6g	3.4g
Sodium (mg)	1513mg	266mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4775kJ (1141Cal)	687kJ (164Cal)
Protein (g)	54.9g	7.9g
Fat, total (g)	53.6g	7.7g
- saturated (g)	27.9g	4g
Carbohydrate (g)	102.5g	14.8g
- sugars (g)	19.6g	2.8g
Sodium (mg)	1590mg	229mg

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.

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW38



## 1 Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt 1/2 the **butter** with a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

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



## 4 Cook the veggies

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **capsicum**, **corn** and **onion**, tossing, until softened and browned, **5-6 minutes**. Season with **salt** and **pepper**. Remove pan from heat.



## 2 Get prepped

- Meanwhile, slice **capsicum** into thin strips.
- Thinly slice **brown onion** (see ingredients).
- Drain **sweetcorn**.



## 5 Prep the garnish

- Roughly chop **coriander**.



## 3 Cook the beans

- Drain and rinse **red kidney beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beans**, stirring occasionally, until blistered, **3-4 minutes**.
- **SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat. Add **Mexican Fiesta spice blend**, **tomato paste**, the **brown sugar** and remaining **butter**. Cook, stirring, until fragrant, **1 minute**.
- Add a splash of **water**. Cook until thickened, **1 minute**. Transfer to a bowl. Cover to keep warm.

**Custom Recipe:** If you've added beef mince, use only 1/2 the beans. Before cooking the beans, cook mince, breaking up with a spoon, until just browned, 3-4 minutes. Drain oil from pan, then continue as above.



## 6 Serve up

- Divide garlic rice between bowls. Top with spiced kidney beans, veggies and **shredded Cheddar cheese**.
- Dollop over **tomato salsa** and **light sour cream**.
- Garnish with coriander to serve. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)