

Black Bean & Roast Veggie Chilli

with Garlic Rice, Corn Chips & Jalapeños

Grab your Meal Kit with this symbol



Carrot



Capsicum



Garlic



Jasmine Rice



Brown Onion



Cucumber



Black Beans



Sweetcorn



Mexican Fiesta Spice Blend



Tomato Paste



Vegetable Stock Powder



Corn Chips



Coriander



Pickled Jalapeños (Optional)



Plant-Based Smokey Aioli

Prep in: 20-30 mins
Ready in: 35-45 mins

 Plant Based

 Naturally Gluten-Free
Not suitable for coeliacs

Loaded with cumin, paprika and chilli, our Mexican Fiesta spice blend really amps up the flavour of this comforting chilli. Roasting the veg brings out their natural sweetness, and once you've cooked rice with garlic and plant-based butter, you'll never want to make it any other way.

Pantry items

Olive Oil, Plant-Based Butter, 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
brown onion	1	2
cucumber	1	2
black beans	1 tin	2 tins
sweetcorn	1 tin (125g)	1 tin (300g)
white wine vinegar*	drizzle	drizzle
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
water* (for the sauce)	½ cup	1 cup
pickled jalapeños (optional)	1 medium packet	1 large packet
corn chips	½ large packet	1 large packet
coriander	1 bag	1 bag
plant-based smokey aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4147kJ (991Cal)	553kJ (132Cal)
Protein (g)	24.6g	3.3g
Fat, total (g)	35.1g	4.7g
- saturated (g)	4.2g	0.6g
Carbohydrate (g)	130.9g	17.4g
- sugars (g)	24.3g	3.2g
Sodium (mg)	1991mg	265mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **capsicum** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Start the chili

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** until tender, **4-5 minutes**.
- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Add **Mexican Fiesta spice blend**, **tomato paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium. Add **vegetable stock powder**, the **water (for the sauce)** and **black beans** and cook, stirring, until slightly reduced, **2-3 minutes**.

2



Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt**, then bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

5



Finish the chili

- Stir through roasted **veggies**.
- Season with **salt** and **pepper** to taste. Remove from heat.

3



Get prepped & char the corn

- While the rice is cooking, finely chop **brown onion**. Roughly chop **cucumber**. Drain and rinse **black beans**. Set aside.
- Drain **sweetcorn**. Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Transfer charred **corn** to a medium bowl. Add **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season to taste.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

6



Serve up

- Divide garlic rice between bowls.
- Top with black bean and roast veggie chilli, corn and cucumber salsa and **corn chips** (see ingredients).
- Sprinkle with **pickled jalapeños** (if using) and torn **coriander**.
- Serve with a dollop of **plant-based smokey aioli**. Enjoy!

TIP: Jalapeños are spicy! Add less if you're sensitive to heat, or leave them out, if preferred.

Rate your recipe

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