



# Tex-Mex Black Bean Burrito Bowl

with Spinach Salsa, Rapid Rice & Sour Cream

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Basmati Rice



Vegetable Stock Powder



Carrot



Sweetcorn



Baby Spinach Leaves



Black Beans



Tomato Paste



Tex-Mex Spice Blend



Mild Chipotle Sauce



Shredded Cheddar Cheese



Light Sour Cream



Beef Mince

Prep in: 15-25 mins  
Ready in: 25-35 mins

This burrito bowl is guaranteed to be a new favourite. Our star Tex-Mex spice blend gives the beans oodles of flavour, while the tangy sour cream and fresh spinach salsa tie it all together.

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

### Pantry items

Olive Oil, White Wine Vinegar, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 small bag	1 medium bag
black beans	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
tomato paste	1 packet	1 packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
mild chipotle sauce	½ packet	1 packet
<b>water*</b>	¼ cup	½ cup
<b>butter*</b>	20g	40g
shredded Cheddar cheese	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)	3158kJ (755Cal)	604kJ (144Cal)
Protein (g)	24.9g	4.8g
Fat, total (g)	25.1g	4.8g
- saturated (g)	14.2g	2.7g
Carbohydrate (g)	99.1g	19g
- sugars (g)	17.8g	3.4g
Sodium (mg)	1925mg	368mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4103kJ (981Cal)	633kJ (151Cal)
Protein (g)	52.4g	8.1g
Fat, total (g)	37.9g	5.9g
- saturated (g)	19.8g	3.1g
Carbohydrate (g)	99.1g	15.3g
- sugars (g)	17.8g	2.7g
Sodium (mg)	2000mg	309mg

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



## 1 Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook over high heat until tender, **12 minutes**.
- Drain and return to saucepan. Add **vegetable stock powder** and stir to combine.



## 3 Cook the beans

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Add **carrot** and **black beans**. Cook, stirring, until softened, **2-3 minutes**.
- Stir in **tomato paste** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**.
- Reduce heat to medium, add **mild chipotle sauce** (see ingredients), the **water** and the **butter** and cook, stirring, until slightly thickened, **1-2 minutes**. Season.

**TIP:** The spice blend and chipotle sauce are slightly spicy, add more or less if this is to your taste!

**Custom Recipe:** Cook beef mince with beans, breaking mince up with a spoon, until browned, 4-5 minutes. Drain oil from pan then continue as above.



## 2 Get prepped

- While rice is cooking, grate **carrot**. Drain **sweetcorn**. Roughly chop **baby spinach leaves**. Drain and rinse **black beans**.
- In a medium bowl, add **sweetcorn**, **spinach**, a drizzle of **white wine vinegar** and a drizzle of **olive oil**. Season and set aside.

**Custom Recipe:** If you've added beef mince, drain and rinse half the black beans.



## 4 Serve up

- Divide rapid rice, Tex-Mex black beans and spinach salsa between bowls.
- Sprinkle over **shredded Cheddar cheese**. Top with **light sour cream** to serve. Enjoy!

## Rate your recipe

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