



Tex-Mex Black Bean Burrito Bowl

with Tomato Salsa, Rapid Rice & Sour Cream

Grab your Meal Kit with this symbol



Basmati Rice



Vegetable Stock Powder



Carrot



Corn



Baby Spinach Leaves



Black Beans



Tomato Paste



Tex-Mex Spice Blend



Mild Chipotle Sauce



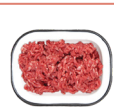
Shredded Cheddar Cheese



Light Sour Cream



Tomato Salsa



Beef Mince

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

A burrito in a bowl might sound a little far-fetched but we've done the impossible. A saucy black bean and carrot mix spiced with our popular Tex-Mex spice and mild chipotle sauce is cooled down with veggie salsa and fluffy rice.

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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	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
corn	1 cob	2 cobs
baby spinach leaves	1 small bag	1 medium bag
black beans	1 tin	2 tins
white wine vinegar*	drizzle	drizzle
tomato paste	1 medium packet	1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
mild chipotle sauce	½ packet	1 packet
water*	¼ cup	½ cup
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
tomato salsa	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)	3346kJ (800Cal)	634kJ (152Cal)
Protein (g)	26.3g	5g
Fat, total (g)	27.3g	5.2g
- saturated (g)	16.2g	3.1g
Carbohydrate (g)	103.5g	19.6g
- sugars (g)	20.1g	3.8g
Sodium (mg)	2002mg	379mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4291kJ (1026Cal)	657kJ (157Cal)
Protein (g)	53.8g	8.2g
Fat, total (g)	40.1g	6.1g
- saturated (g)	21.8g	3.3g
Carbohydrate (g)	103.5g	15.9g
- sugars (g)	20.1g	3.1g
Sodium (mg)	2077mg	318mg

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



Cook rapid rice

- Boil 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 beans

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

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

2



Get prepped

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

Custom Recipe: If you added beef mince, drain and rinse 1/2 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 **sour cream** and **tomato salsa** to serve. Enjoy!

Rate your recipe

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