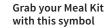


Tex-Mex Black Bean Burrito Bowl

with Rapid Rice & Sour Cream

CLIMATE SUPERSTAR











Vegetable Stock





Carrot

Sweetcorn





Baby Spinach

Black Beans



Tomato Paste

Tex-Mex Spice Blend

Mild Chipotle Sauce

Shredded Cheddar Cheese





A burrito in a bowl might sound a little far-fetched but we've done the impossible. We've made a saucy black bean mix spiced with our popular Tex-Mex spice and cooled down by fluffy rice. What burrito is complete without a fresh salsa, so whip up one in no time with sweetcorn and baby spinach. Add the sour cream and a sprinkle of Cheddar for fun and there you have it, a burrito in a bowl!

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
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
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 small bag	1 medium bag
black beans	1 packet	2 packets
white wine vinegar*	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
water*	1/4 cup	½ cup
butter*	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 Recine		

Per 100g Per Serving Energy (kJ) 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 17.8g - sugars (g) 2.7g Sodium (mg) 2000mg 309mg

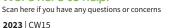
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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,
- Drain and return to saucepan. Add vegetable stock powder and stir to combine.



Cook beans

- · Heat a large frying pan over high heat with a drizzle of olive oil. Add carrot and black beans, and cook until softened, 2-3 minutes.
- Add tomato paste, 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 to your taste!

Custom Recipe: Cook beef mince with beans, breaking mince up with a spoon, until browned, 3-4 minutes. Continue as above. Drain oil from pan before adding the sauce for the best results.



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 the **white wine** vinegar and a drizzle of olive oil. Season and set aside.

Custom Recipe: If you've added beef mince, drain and rinse 1/2 the black beans.



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!

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