



Tex-Mex Black Bean Burrito Bowl

with 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

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!

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
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*	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
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 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 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 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.

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 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.

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!

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