



Tex-Mex Black Bean Taco Bowl & Garlic Rice

with Charred Corn Salsa & Pickled Jalapeños

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Mini Flour Tortillas



Brown Onion



Cucumber



Coriander



Sweetcorn



Black Beans



Tex-Mex Spice Blend



Tomato Paste



Pickled Jalapeños (Optional)



Light Sour Cream



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Tacos in a bowl might sound a little far-fetched but we've done the impossible. A saucy black bean mix spiced with our popular Tex-Mex spice and cooled down by garlic-infused rice. What taco dish is complete without a salsa so whip up one in no time with charred corn and cucumber. Add the tortilla chips and there you have it, tacos in a bowl!

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

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds.

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

You will need

Medium saucepan with a lid · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
mini flour tortillas	6	12
brown onion	1	2
cucumber	1	2
coriander	1 bag	1 bag
pickled jalapeños  (optional)	1 medium packet	1 large packet
sweetcorn	½ tin	1 tin
black beans	1 tin	2 tins
Tex-Mex spice blend	1 medium sachet	2 medium sachets
tomato paste	1 packet	1 packet
water* (for the beans)	¼ cup	½ cup
white wine vinegar*	drizzle	drizzle
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)	4155kJ (993Cal)	534kJ (128Cal)
Protein (g)	34.8g	4.5g
Fat, total (g)	18.9g	2.4g
- saturated (g)	7g	0.9g
Carbohydrate (g)	155.1g	19.9g
- sugars (g)	25.1g	3.2g
Sodium (mg)	1849mg	238mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5100kJ (1219Cal)	565kJ (135Cal)
Protein (g)	62.3g	6.9g
Fat, total (g)	31.7g	3.5g
- saturated (g)	12.6g	1.4g
Carbohydrate (g)	155.1g	17.2g
- sugars (g)	25.1g	2.8g
Sodium (mg)	1925mg	213mg

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



Make the garlic rice

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **garlic**.
- In a medium saucepan, melt **butter** with a dash of **olive oil** over medium heat. Add ½ the **garlic** and cook until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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

3



Make the beans

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **onion** and cook until tender, **3-4 minutes**. Add remaining **garlic**, **Tex-Mex spice blend**, **tomato paste** and cook until fragrant, **1 minute**.
- Add **black beans** and **water (for the beans)**, and cook until slightly thickened, **2-3 minutes**.

Custom Recipe: Cook beef mince with the onion, breaking up with a spoon until browned, 3-4 minutes. Continue with step as above.

2



Get prepped

- While rice is cooking, slice **mini flour tortillas** into quarters. Finely chop **brown onion**. Finely chop **cucumber**. Roughly chop **coriander** and **pickled jalapeños** (if using). Drain and rinse **sweetcorn** (see ingredients) and **black beans**.
- Divide **mini flour tortillas** between two lined oven trays (don't worry if they overlap). Drizzle with **olive oil** and season with **salt**. Bake until lightly golden and crispy, **8-10 minutes**.
- Meanwhile, heat a large frying pan over high heat. Add **corn kernels** and cook until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

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

4



Bring it all together

- While beans are simmering, combine the corn, cucumber, coriander, a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide garlic rice, Tex-Mex black beans and charred corn salsa between bowls.
- Top with **light sour cream**, pickled jalapeños and tortilla chips to serve. Enjoy!

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