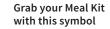


# Tex-Mex Black Bean Taco Bowl & Garlic Rice

with Charred Corn Salsa & Pickled Jalapenos

CLIMATE SUPERSTAR













Mini Flour



**Brown Onion** 

Tortillas





Coriander

Cucumber



Sweetcorn





Tex-Mex Spice



Black Beans

Tomato Paste



Pickled Jalapeños



(Optional)





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!

**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

<u> </u>		
	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)	1/ <sub>4</sub> 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

<sup>\*</sup>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		

0000011111000		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	5100kJ (1219Cal)	<b>565kJ</b> (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







### 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!



### 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.



### Get prepped

- While rice is cooking, slice **mini flour tortillas** into quarters. Finely chop brown onion. Finely chop cucumber. Roughly chop coriander and **pickled jalapenos** (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.



## 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 jalapenos and tortilla chips to serve. Enjoy!

#### Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate