



Black Bean Chilli & Garlic Rice Bowl

with Cucumber & Radish Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Radish



Onion



Carrot



Black Beans



Sweetcorn



Tex-Mex Spice Blend



Tomato Paste



Corn Chips



Beef Mince

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Say hello to the king of veggie bowls! There's nutrient-packed black beans that are wholesome and filling, garlic rice and a cucumber-radish salsa, we bow before the might of this dish.

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
cucumber	1 (medium)	1 (large)
radish	2	3
onion	1 (medium)	1 (large)
carrot	1	2
black beans	1 tin	2 tins
sweetcorn	1 tin	1 tin
white wine vinegar*	drizzle	drizzle
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water* (for the beans)	½ cup	1 cup
butter*	20g	40g
corn chips	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3806kJ (910Cal)	590kJ (141Cal)
Protein (g)	32.6g	5.1g
Fat, total (g)	18g	2.8g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	143.9g	22.3g
- sugars (g)	13.8g	2.1g
Sodium (mg)	1171mg	181mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5001kJ (1195Cal)	649kJ (155Cal)
Protein (g)	61.2g	7.9g
Fat, total (g)	35.7g	4.6g
- saturated (g)	14.7g	1.9g
Carbohydrate (g)	143.9g	18.7g
- sugars (g)	13.8g	1.8g
Sodium (mg)	1208mg	157mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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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Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook half the **garlic**, until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt** and 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!



Start the beans

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **onion** and **black beans** until tender, **4-5 minutes**.

Custom Recipe: Cook beef mince with carrot, onion and beans, breaking up beef mince with a spoon, until just browned, 4-5 minutes.



Get prepped

- Meanwhile, roughly chop **cucumber**. Thinly slice **radish** and **onion**. Grate the **carrot**. Drain and rinse **black beans**. Drain the **sweetcorn**.

Custom Recipe: If you've added beef mince, use only half the black beans.



Finish the beans

- Add **Tex-Mex spice blend**, **tomato paste** and remaining **garlic** to the pan and cook until fragrant, **1-2 minutes**.
- Add **water (for the beans)** and the **butter** and simmer, until slightly thickened, **2-3 minutes**. Season with **salt** and **pepper**.



Make the salsa

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**.
- In a medium bowl, combine **cucumber**, **radish**, **charred corn** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- Divide garlic rice between bowls.
- Top with black bean chilli and cucumber-radish salsa.
- Serve with **corn chips**. Enjoy!

Rate your recipe

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