Black Bean Chilli & Garlic Rice Bowl

with Cucumber & Radish Salsa

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Cucumber







Carrot





Black Beans







Spice Blend

Tomato Paste





Corn Chips

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.

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

9				
	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 Recine		

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!



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.



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.



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.



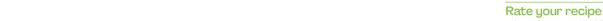
Finish the beans

- 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.



Serve up

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



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