

Black Bean & Roast Veggie Chilli

with Garlic Rice, Cucumber Salsa & Corn Chips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Courgette



Garlic



Jasmine Rice



Onion



Cucumber



Radish



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Vegetable Stock Powder



Corn Chips



Sour Cream



Coriander



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

Get a load of this gently spiced black bean chilli that knows no bounds when it comes to flavour. Sitting on a bed of garlic-infused rice and served with crunchy corn chips, this is a recipe for a hearty bowl you won't soon forget.

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

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
onion	1 (medium)	1 (large)
cucumber	1 (medium)	1 (large)
radish	2	3
black beans	1 tin	2 tins
white wine vinegar*	drizzle	drizzle
Mexican Fiesta spice blend ✓	1 sachet	1 sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
water* (for the sauce)	½ cup	1 cup
corn chips	1 medium packet	1 large packet
sour cream	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4244kJ (1014Cal)	580kJ (139Cal)
Protein (g)	32.7g	4.5g
Fat, total (g)	29.4g	4g
- saturated (g)	7.5g	1g
Carbohydrate (g)	146.1g	20g
- sugars (g)	14.7g	2g
Sodium (mg)	1650mg	226mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4989kJ (1192Cal)	560kJ (133Cal)
Protein (g)	65.9g	7.4g
Fat, total (g)	34.7g	3.9g
- saturated (g)	9g	1g
Carbohydrate (g)	146.9g	16.5g
- sugars (g)	14.7g	1.6g
Sodium (mg)	1749mg	196mg

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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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **courgette** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Make the chilli

- When the veggies have **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion** until tender, **4-5 minutes**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add **Mexican Fiesta spice blend**, **tomato paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium. Stir in **vegetable stock powder**, **water (for the sauce)** and **black beans** and cook until slightly reduced, **2-3 minutes**.

Custom Recipe: If you've added chicken breast to your meal, cook chicken and onion, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.

2



Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

5



Bring it all together

- Stir **roasted veggies** through the **chilli**. Season with **salt** and **pepper**.

3



Get prepped

- While the rice is cooking, finely chop **onion**. Roughly chop **cucumber** and **radish**. Drain and rinse **black beans**.
- In a medium bowl, combine **cucumber**, **radish** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season to taste and set aside.

Custom Recipe: If you've added chicken breast to your meal, cut chicken breast into 2cm chunks.

6



Serve up

- Divide garlic rice between bowls. Top with black bean and roast veggie chilli, cucumber salsa and **corn chips**.
- Dollop with **sour cream**. Tear over **coriander** to serve. Enjoy!

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