



# Saucy Louisiana Bean Burrito Bowl

with Garlic Rice & Cucumber Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Kidney Beans



Tomato



Cucumber



Coriander



Carrot



Onion



Louisiana Spice Blend



Enchilada Sauce



Shredded Cheddar Cheese



Sour Cream



Beef Mince

Prep in: 30-40 mins  
Ready in: 35-45 mins

Tonight, put together a bountiful bowl full of Louisiana flavours! With spiced beans, fresh salsa and fragrant rice, every bite of this bright meal is as good as the next!

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

### Pantry items

Olive Oil, Butter, Brown Sugar, 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
basmati rice	1 packet	1 packet
<b>water*</b>	1½ cups	3 cups
red kidney beans	1 tin	2 tins
tomato	1	2
cucumber	1 (medium)	1 (large)
coriander	1 bag	1 bag
carrot	1	2
onion	½	1
Louisiana spice blend	1 sachet	2 sachets
enchilada sauce	1 packet	2 packets
<b>brown sugar*</b>	½ tsp	1 tsp
<b>white wine vinegar*</b>	drizzle	drizzle
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3465kJ (828Cal)	577kJ (138Cal)
Protein (g)	24.5g	4.1g
Fat, total (g)	31.9g	5.3g
- saturated (g)	18.4g	3.1g
Carbohydrate (g)	104.5g	17.4g
- sugars (g)	18.2g	3g
Sodium (mg)	1959mg	326mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4660kJ (1114Cal)	642kJ (153Cal)
Protein (g)	53.1g	7.3g
Fat, total (g)	49.6g	6.8g
- saturated (g)	26.3g	3.6g
Carbohydrate (g)	104.5g	14.4g
- sugars (g)	18.2g	2.5g
Sodium (mg)	1997mg	275mg

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](https://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



2023 | CW41



## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** 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!



## Finish the beans

- Add **enchilada sauce**, the **brown sugar**, remaining **butter** and a splash of **water** and stir until heated through, **1-2 minutes**.



## Get prepped

- Meanwhile, drain and rinse **red kidney beans**. Roughly chop **tomato**, **cucumber** and **coriander**. Grate the **carrot**. Thinly slice **onion** (see ingredients).

**Custom Recipe:** If you added beef mince to your meal, use only half the red kidney beans. Refrigerate remaining beans for another meal.



## Make the salsa

- Meanwhile, combine **tomato**, **cucumber**, **coriander** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.



## Start the beans

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **onion** until tender, **4-5 minutes**.
- Add **red kidney beans** and **Louisiana spice blend** and cook, stirring, until coated and fragrant, **1-2 minutes**.

**Custom Recipe:** Cook the beef mince with carrot and onion, breaking up mince with a spoon, until browned, 4-5 minutes. Continue with step.



## Serve up

- Divide garlic rice between bowls. Top with saucy Louisiana beans.
- Top with salsa and **shredded Cheddar cheese**. Dollop with **sour cream** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)