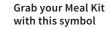


Saucy Louisiana Bean Burrito Bowl with Garlic Rice & Cucumber Salsa

CLIMATE SUPERSTAR











Cucumber





Carrot

Louisiana Spice



Sour Cream

Shredded Cheddar



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!

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
basmati rice	1 packet	1 packet		
water*	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	1/2	1		
Louisiana spice blend	1 sachet	2 sachets		
enchilada sauce	1 packet	2 packets		
brown sugar*	½ tsp	1 tsp		
white wine vinegar*	drizzle	drizzle		
shredded	1 packet	1 packet		
Cheddar cheese	(40g)	(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
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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 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 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!



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.



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.



Finish the beans

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



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.



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!



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