

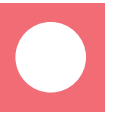


Rapid Beef, Rice & Bean Taco-Rittos

with Cheddar & Sour Cream

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Tomato



Black Beans



Beef Mince



Mexican Fiesta Spice Blend



Mild Chipotle Sauce



Microwavable Basmati Rice



Mini Flour Tortillas



Shredded Cheddar Cheese



Sour Cream



Coriander

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

We're in love with burritos, but tacos have also have our hearts, so which do we choose for dinner? Here's an easy to make solution - it's a taco-ritto! Pack up tortillas with classic burrito fillings like speedy rice, beans and beef and sprinkle over a bit of shredded Cheddar. Fold them into tacos for the best combination you've ever had.

Pantry items

Olive Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
black beans	½ tin	1 tin
beef mince	1 small packet	2 small packets OR 1 large packet
Mexican Fiesta spice blend	1 sachet	1 sachet
mild chipotle sauce	1 large packet	2 large packets
salt*	¼ tsp	½ tsp
water*	¼ cup	½ cup
butter*	20g	40g
microwavable basmati rice	½ packet	1 packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
sour cream	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4357kJ (1041Cal)	799kJ (191Cal)
Protein (g)	53.8g	9.9g
Fat, total (g)	45.2g	8.3g
- saturated (g)	23.7g	4.3g
Carbohydrate (g)	95g	17.4g
- sugars (g)	9.9g	1.8g
Sodium (mg)	1742mg	319mg

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.

1



Get prepped

- Roughly chop **tomato**.
- Drain and rinse **black beans** (see ingredients).

2



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **beef mince** and **tomato**, breaking up mince with a spoon, until just browned, **4-5 minutes**.

3



Make it saucy

- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Reduce heat to medium. Add **Mexican Fiesta spice blend**, **mild chipotle sauce** and **black beans**. Cook, stirring, until fragrant, **1-2 minutes**.
- Add the **salt**, **water** and **butter**. Simmer until thickened, **1-2 minutes**.

4



Heat the rice

- While the filling is cooking, heat **microwavable basmati rice** in microwave until steaming, **2-3 minutes**.

5



Heat the tortillas

- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

6



Serve up

- Divide rice and beef and bean filling among tortillas.
- Sprinkle over **shredded Cheddar cheese**.
- Top with **sour cream** and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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