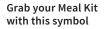


Tex-Mex Black Bean & Rice Burrito Bowl

with Cucumber Salsa & Sour Cream

CLIMATE SUPERSTAR







Basmati Rice





Carrot







Cucumber



Tomato Paste



Tex-Mex Spice



Mild Chipotle Sauce



Shredded Cheddar Cheese



Sour Cream





A burrito in a bowl might sound a little far-fetched but we've done the impossible. We've made a saucy black bean mix spiced with our popular Tex-Mex spice and cooled down by fluffy rice. What burrito is complete without a salsa, so whip up one in no time with cucumber and avocado. Add the sour cream for fun and there you have it, a burrito in a bowl!

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 · Large frying pan

Ingredients

	9				
	2 People	4 People			
olive oil*	refer to method	refer to method			
basmati rice	1 packet	1 packet			
vegetable stock powder	1 medium sachet	1 large sachet			
carrot	1	2			
avocado	1 (small)	1 (large)			
cucumber	1 (medium)	1 (large)			
black beans	1 tin	2 tins			
white wine vinegar*	drizzle	drizzle			
tomato paste	1 packet	2 packets			
Tex-Mex spice blend	1 medium sachet	1 large sachet			
mild chipotle sauce	½ large packet	1 large packet			
water*	1/4 cup	½ cup			
butter*	20g	40g			
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)	3441kJ (822Cal)	654kJ (156Cal)
Protein (g)	28.1g	5.3g
Fat, total (g)	27g	5.1g
- saturated (g)	17.4g	3.3g
Carbohydrate (g)	108.4g	20.6g
- sugars (g)	14.4g	2.7g
Sodium (mg)	1529mg	291mg
Custom Recipe		

Caccommecope		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4637kJ (1108Cal)	712kJ (170Cal)
Protein (g)	56.7g	8.7g
Fat, total (g)	44.7g	6.9g
- saturated (g)	25.3g	3.9g
Carbohydrate (g)	108.4g	16.7g
- sugars (g)	14.4g	2.2g
Sodium (mg)	1581mg	243mg

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 rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add basmati rice and a pinch of salt and cook over high heat until tender,
 12 minutes. Drain and return to the saucepan.
- Add vegetable stock powder and stir to combine.



Cook the beans

- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
 Cook carrot and black beans until softened, 2-3 minutes.
- Add tomato paste and Tex-Mex spice blend and cook until fragrant,
 1 minute.
- Reduce heat to medium, add mild chipotle sauce (see ingredients), the water and butter and cook, stirring, until slightly thickened, 1-2 minutes.
 Season with salt and pepper.

Custom Recipe: Add beef mince with carrot and black beans, breaking up with a spoon, 4-5 minutes. Continue with step.



Get prepped

- While the rice is cooking, grate carrot. Cut avocado in half, scoop out flesh and roughly chop. Slice cucumber into half-moons. Drain and rinse black beans.
- In a medium bowl, add avocado, cucumber and a drizzle of white wine vinegar and olive oil. Season, toss and set aside.

Custom Recipe: If you've added beef mince, drain, rinse and only use half the black beans.



Serve up

- Divide rapid rice and Tex-Mex black beans between bowls.
- Top with cucumber and avocado salsa.
- Sprinkle over **shredded Cheddar cheese**. Serve with **sour cream**. Enjoy!

Rate your recipe

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