



Tex-Mex Black Bean & Rice Burrito Bowl

with Cucumber Salsa & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Vegetable Stock Powder



Carrot



Avocado



Cucumber



Black Beans



Tomato Paste



Tex-Mex Spice Blend



Mild Chipotle Sauce



Shredded Cheddar Cheese



Sour Cream



Beef Mince

Prep in: 15-25 mins
Ready in: 25-35 mins

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!

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

Pantry items

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

	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*	¼ 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

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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1



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.

3



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.

2



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.

4



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!

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