



Mexican Black Bean Chilli & Garlic Rice

with Avocado & Cucumber Salsa

NEW

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Avocado



Cucumber



Black Beans



Soffritto Mix



Tomato Paste



Mexican Fiesta Spice Blend



Plant-Based Mayo



Coriander



Beef Mince

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



Plant Based*

*Custom Recipe is not Plant Based

Say hello to the best bean in town, nutrient-packed black beans. They are wholesome and filling and go perfectly in a bowl with garlic rice and an avocado-cucumber salsa. Now cook it up in a fiery sauce to drive home those mouth-watering flavours.

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

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
basmati rice	1 packet	1 packet
water* <i>(for the rice)</i>	1½ cups	3 cups
avocado	1 (small)	1 (large)
cucumber	1 (medium)	1 (large)
black beans	1 tin	2 tins
soffritto mix	1 packet (150g)	1 packet (300g)
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* <i>(for the sauce)</i>	¾ cup	1½ cups
white wine vinegar*	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet
coriander	½ bag	1 bag
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)	3624kJ (866Cal)	663kJ (158Cal)
Protein (g)	30g	5.5g
Fat, total (g)	23.4g	4.3g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	119.8g	21.9g
- sugars (g)	12.3g	2.2g
Sodium (mg)	1208mg	221mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4819kJ (1152Cal)	717kJ (171Cal)
Protein (g)	58.6g	8.7g
Fat, total (g)	41.1g	6.1g
- saturated (g)	11.1g	1.7g
Carbohydrate (g)	119.8g	17.8g
- sugars (g)	12.3g	1.8g
Sodium (mg)	1260mg	188mg

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



1 Make the garlic rice

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



4 Finish the chili

- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add **tomato paste**, **Mexican Fiesta spice blend** and remaining **garlic**. Cook until fragrant, **1-2 minutes**.
- Add the **brown sugar** and the **water (for the sauce)**, and simmer until slightly thickened, **1-2 minutes**. Stir to combine. Season to taste.



2 Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and finely chop. Finely chop **cucumber**.
- Drain and rinse **black beans**.

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



5 Toss the salsa

- In a small bowl, combine **avocado**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



3 Start the chili

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **soffritto mix** and **black beans**, stirring, until softened, **5-7 minutes**.

Custom Recipe: Cook the beef mince with the soffritto mix and black beans, breaking up with a spoon, until just browned, 5-7 minutes.



6 Serve up

- Divide garlic rice and Mexican black bean chilli between bowls.
- Top with avocado and cucumber salsa. Dollop over **plant-based mayo**. Tear over **coriander (see ingredients)**. Enjoy!

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