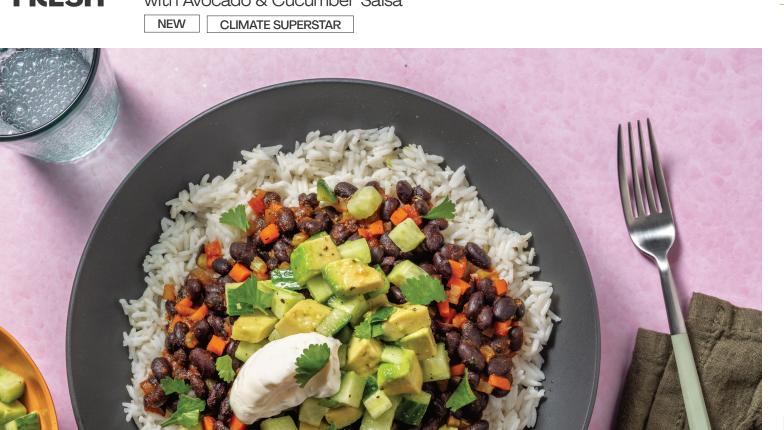


Mexican Black Bean Chilli & Garlic Rice

with Avocado & Cucumber Salsa



Grab your Meal Kit with this symbol











Cucumber



Black Beans



Soffritto Mix





Mexican Fiesta

Tomato Paste



Plant-Based



Coriander



Pantry items

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.



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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
basmati rice	1 packet	1 packet	
water* (for the rice)	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* (for the sauce)	⅓ cup	1⅓ 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		

Per 100g Avg Qty Energy (kJ) 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 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

2024 | CW06



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!



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.



Start the chilli

 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.



Finish the chilli

- 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.



Toss the salsa

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



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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