



# Mexican-Style Black Bean Burrito Bowl

with Spinach Rice, Sour Cream & Tomato Salsa

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Baby Spinach Leaves



Carrot



Avocado



Black Beans



Tomato Paste



Mexican Fiesta Spice Blend



Sour Cream



Roasted Tomato Salsa



Shredded Cheddar Cheese



Coriander



Beef Mince

Prep in: 10-20 mins  
Ready in: 25-35 mins

Embark on a culinary fiesta with our Mexican burrito bowl, where black beans are simmered in a tomato-based sauce and served alongside a zesty tomato salsa and cooling sour cream. This vibrant bowl is a symphony of flavours, delivering a taste of Mexico in every satisfying bite!

**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                             |
|----------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>          | refer to method | refer to method                      |
| basmati rice               | 1 packet        | 1 packet                             |
| baby spinach leaves        | 1 small bag     | 1 medium bag                         |
| carrot                     | 1               | 2                                    |
| avocado                    | 1 (medium)      | 1 (large)                            |
| black beans                | 1 tin           | 2 tins                               |
| <b>white wine vinegar*</b> | drizzle         | drizzle                              |
| tomato paste               | 1 packet        | 2 packets                            |
| Mexican Fiesta spice blend | 1 sachet        | 1 sachet                             |
| <b>water*</b>              | ¼ cup           | ½ cup                                |
| <b>butter*</b>             | 20g             | 40g                                  |
| sour cream                 | 1 medium packet | 1 large packet                       |
| roasted tomato salsa       | 1 medium packet | 1 large packet                       |
| shredded Cheddar cheese    | 1 packet (40g)  | 1 packet (80g)                       |
| coriander                  | ½ bag           | 1 bag                                |
| beef mince**               | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 4091kJ (978Cal) | 830kJ (198Cal) |
| Protein (g)      | 28.8g           | 5.8g           |
| Fat, total (g)   | 45.2g           | 9.2g           |
| - saturated (g)  | 20.1g           | 4.1g           |
| Carbohydrate (g) | 105.8g          | 21.5g          |
| - sugars (g)     | 12.1g           | 2.5g           |
| Sodium (mg)      | 1351mg          | 274mg          |

### Custom Recipe

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 5287kJ (1264Cal) | 856kJ (205Cal) |
| Protein (g)      | 57.4g            | 9.3g           |
| Fat, total (g)   | 63g              | 10.2g          |
| - saturated (g)  | 28g              | 4.5g           |
| Carbohydrate (g) | 105.8g           | 17.1g          |
| - sugars (g)     | 12.1g            | 2g             |
| Sodium (mg)      | 1402mg           | 227mg          |

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](https://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 | CW08



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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, uncovered, over high heat until tender, **12 minutes**.
- Drain, return to saucepan and stir through **baby spinach leaves**.

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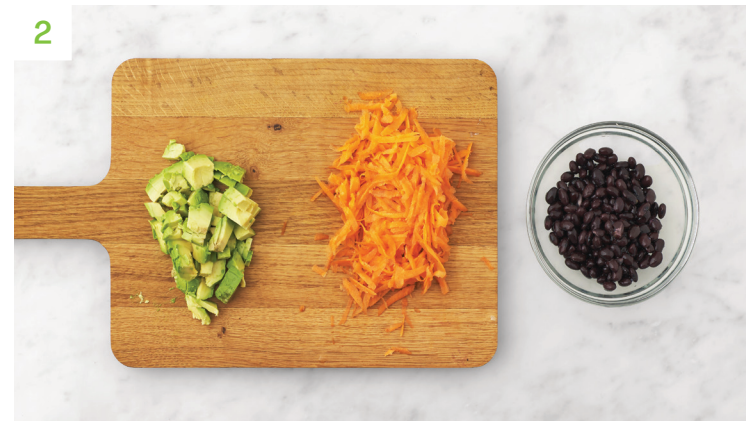


## Cook the beans

- 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**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.
- Reduce heat to medium, add the **water** and **butter** and cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste

**Custom Recipe:** Cook beef mince with the carrot and black beans, breaking up with a spoon, until just browned, 4-5 minutes.

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## Get prepped

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

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

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## Serve up

- Divide spinach rice and Mexican black beans between bowls.
- Top with **sour cream**, **roasted tomato salsa** and avocado.
- Sprinkle over **shredded Cheddar cheese** and tear over **coriander** (see ingredients) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)