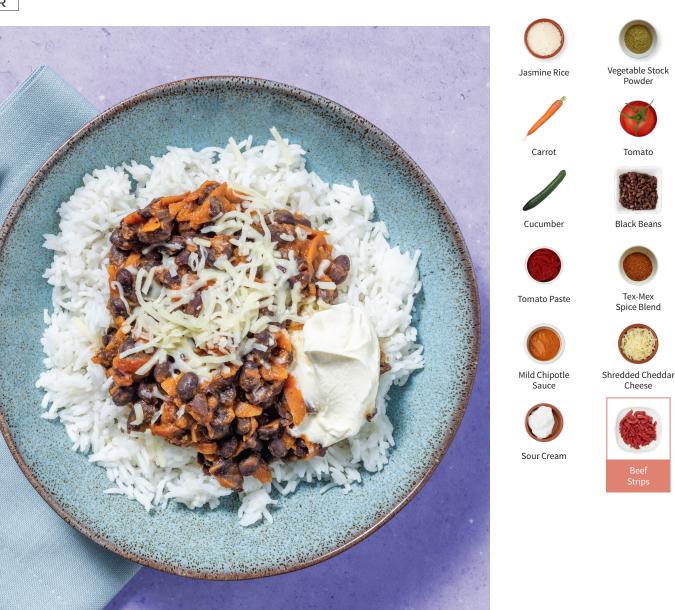


# Chipotle Black Bean & Rice Bowl with Cucumber Salsa & Sour Cream

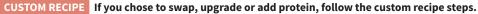
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CLIMATE SUPERSTAR



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 tomato. Add the sour cream for fun and there you have it, a burrito in a bowl!

Pantry items Olive Oil, White Wine Vinegar, Butter



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

 ${\sf Medium\ saucepan} \cdot {\sf Large\ frying\ pan}$ 

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
carrot	1	2
tomato	1	2
cucumber	1 (medium)	1 (large)
black beans	1 packet	2 packets
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 medium packet	1 medium packet
water*	1⁄4 cup	½ cup
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 medium packet	2 medium packets
beef strips**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3332kJ (796Cal)	569kJ (136Cal)
Protein (g)	28.2g	4.8g
Fat, total (g)	23.6g	4g
- saturated (g)	15.3g	2.6g
Carbohydrate (g)	108.5g	18.5g
- sugars (g)	14.4g	2.5g
Sodium (mg)	1528mg	261mg
Dietary Fibre (g)	18.8g	3.2g
Custom Recipe		
Avg Qty	Per Serving	Per 100g

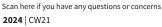
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4128kJ (987Cal)	581kJ (139Cal)
Protein (g)	56.9g	8g
Fat, total (g)	32g	4.5g
- saturated (g)	18.6g	2.6g
Carbohydrate (g)	108.5g	15.3g
- sugars (g)	14.4g	2g
Sodium (mg)	1578mg	222mg
Dietary fibre	18.8g	2.6g

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!





## Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add jasmine rice and a pinch of salt and cook over high heat until tender, 12-14 minutes. Drain and return to the saucepan.
- Add vegetable stock powder and stir to combine.



# Get prepped

- While the rice is cooking, grate **carrot**. Roughly chop **tomato**. Slice **cucumber** into half-moons. Drain and rinse **black beans**.
- In a medium bowl, add **tomato**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season, toss and set aside.

**Custom Recipe:** If you've added beef strips, drain and rinse half the black beans. Discard any liquid from beef strips packaging.



## Cook the beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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, then add **mild chipotle sauce (see ingredients)**, the **water** and **butter**. Cook, stirring, until slightly thickened, **1-2 minutes**. Season with **salt** and **pepper**.

**Custom Recipe:** Before cooking the carrot and black beans, heat frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue with step as above.



## Serve up

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

Custom Recipe: Top with beef and Tex-Mex black beans.

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