



Chipotle Black Bean & Rice Bowl

with Cucumber Salsa & Sour Cream

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Jasmine Rice



Vegetable Stock Powder



Carrot



Tomato



Cucumber



Black Beans



Tomato Paste



Tex-Mex Spice Blend



Mild Chipotle Sauce



Shredded Cheddar Cheese



Sour Cream



Beef Strips

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!

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 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

Medium saucepan · 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*	¼ 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
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!

Scan here if you have any questions or concerns

2024 | CW21



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.



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.



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.



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.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate