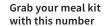


Saucy Tex-Mex Bean Burrito Bowl with Garlic Rice & Salsa















Red Kidney



Beans







Coriander

Cucumber



Carrot





All-American Spice Blend

Enchilada Sauce







Shredded Cheddar Cheese

Sour Cream





Prep in: 30-40 mins Ready in: 35-45 mins

Tonight, put together a bountiful bowl full of Tex-Mex flavours! With spiced beans, fresh salsa and fragrant rice, every bite of this bright meal is as good as the next!

Pantry items

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
red kidney beans	1 packet	2 packets
tomato	1	2
cucumber	1 (medium)	1 (large)
coriander	1 packet	1 packet
carrot	1	2
onion	1/2	1
All-American spice blend	1 medium sachet	1 large sachet
enchilada sauce	1 medium packet	2 medium packets
brown sugar*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 medium packet	2 medium packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2822kJ (674Cal)	427kJ (102Cal)
Protein (g)	28g	4.2g
Fat, total (g)	29g	4.4g
- saturated (g)	16.5g	2.5g
Carbohydrate (g)	76.4g	11.6g
- sugars (g)	19.2g	2.9g
Sodium (mg)	1819mg	275mg
Dietary Fibre (g)	18.6g	2.8g

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.



Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat half the butter with a dash of **olive oil** over medium heat. Cook garlic until fragrant, 1-2 minutes.
- Add **jasmine rice**, the **water** 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, drain and rinse red kidney beans.
- · Roughly chop tomato, cucumber and coriander.
- Grate carrot.
- Thinly slice onion (see ingredients).



Start the beans

- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook carrot and onion until tender. 4-5 minutes.
- Add red kidney beans and All-American spice **blend** and cook, stirring, until coated and fragrant, 1-2 minutes.



Finish the beans

 Add enchilada sauce, the brown sugar, remaining **butter** and a splash of **water** and stir until heated through, 1-2 minutes.



Make the salsa

• Meanwhile, combine tomato, cucumber, coriander and a drizzle of white wine vinegar and olive oil in a medium bowl. Season to taste.



Serve up

- Divide garlic rice between bowls. Top with saucy Tex-Mex beans.
- Top with salsa and shredded Cheddar cheese. Dollop with **sour cream** to serve. Enjoy!



