



Saucy Tex-Mex Bean Burrito Bowl

with Garlic Rice & Salsa

Grab your meal kit with this number

40



Garlic



Jasmine Rice



Red Kidney Beans



Tomato



Cucumber



Coriander



Carrot



Onion



All-American Spice Blend



Enchilada Sauce



Shredded Cheddar Cheese



Sour Cream



Beef Mince



Pork Mince

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

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

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	½	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



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!



Finish the beans

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



Get prepped

- Meanwhile, drain and rinse **red kidney beans**.
- Roughly chop **tomato**, **cucumber** and **coriander**.
- Grate **carrot**.
- Thinly slice **onion** (see ingredients).



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.



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**.



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!

CUSTOM OPTIONS



ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

