



Tex-Mex Black Bean & Rice Burrito Bowl

with Cucumber Salsa & Sour Cream

Grab your meal kit with this number

10



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 Mince



Pork Mince

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 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 · 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	½	1
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 large packet	1 large 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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1808kJ (432cal)	188kJ (45cal)
Protein (g)	12.4g	1.3g
Fat, total (g)	23.2g	2.4g
- saturated (g)	15.1g	1.6g
Carbohydrate (g)	42.1g	4.4g
- sugars (g)	13.8g	1.4g
Sodium (mg)	1361mg	141.5mg
Dietary Fibre (g)	7g	0.7g

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

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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**.



Get prepped

- While the rice is cooking, grate **carrot**. Roughly chop **tomato**. Slice **cucumber (see ingredients)** 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.



Serve up

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

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

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

