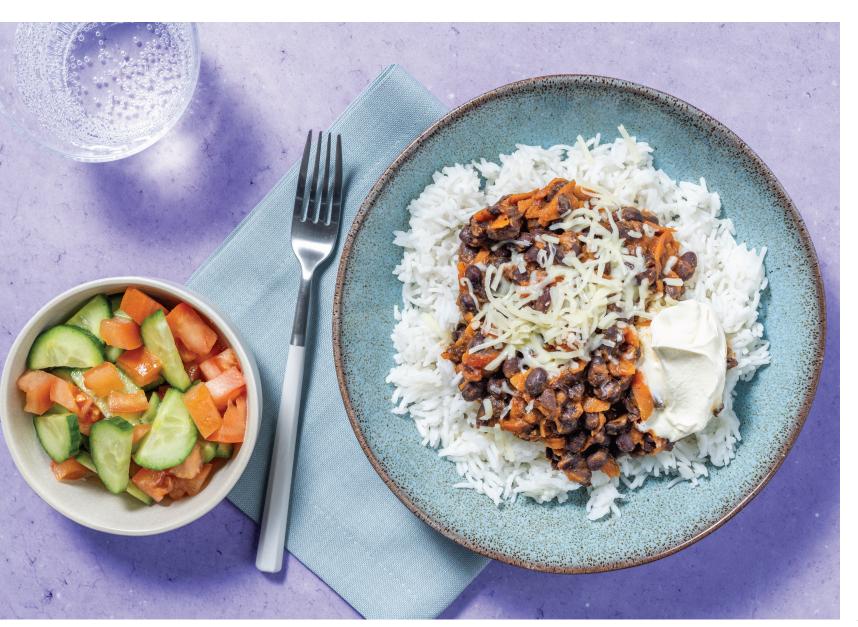


# Tex-Mex Black Bean & Rice Burrito Bowl

with Cucumber Salsa & Sour Cream

Grab your meal kit with this number









Vegetable Stock



Carrot











Spice Blend

Tomato Paste



Mild Chipotle

Shredded Cheddar Cheese







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

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	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	1/2	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*	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	

#### \*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.



# 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!



# 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 beef 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.

