

Mexican Black Bean Chilli & Avocado Salsa

with Garlic Rice & Coriander

Grab your meal kit with this number

7



Garlic



Jasmine Rice



Avocado



Cucumber



Onion



Black Beans



Tomato Paste



Mexican Fiesta Spice Blend



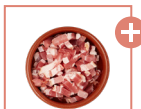
Plant-Based Mayo



Coriander



Beef Mince



Diced Bacon

Recipe Update

We've replaced the soffrito mix in this recipe with onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Plant Based

Say hello to the best bean in town, nutrient-packed black beans. They are wholesome and filling and go perfectly in a bowl with garlic rice and an avocado-cucumber salsa. Now cook it up in a fiery sauce to drive home those mouth-watering flavours.

Pantry items

Olive Oil, 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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
avocado	1 small	1 large
cucumber	1 (medium)	1 (large)
onion	1	2
black beans	1 packet	2 packets
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	¾ cup	1½ cups
white wine vinegar*	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2341kJ (559Cal)	430kJ (102Cal)
Protein (g)	22.4g	4.1g
Fat, total (g)	23.2g	4.3g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	57.7g	10.6g
- sugars (g)	12.2g	2.2g
Sodium (mg)	1022mg	188mg
Dietary Fibre (g)	17.6g	3.2g

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 | CW41



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Finish the chili

- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add **tomato paste**, **Mexican Fiesta spice blend** and remaining **garlic**. Cook until fragrant, **1-2 minutes**.
- Add the **brown sugar** and the **water (for the sauce)**, and simmer until slightly thickened, **1-2 minutes**. Stir to combine. Season to taste.



Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and finely chop.
- Finely chop **cucumber** and **onion**.
- Drain and rinse **black beans**.



Toss the salsa

- In a small bowl, combine **avocado**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Start the chili

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion** and **black beans**, stirring, until softened, **5-7 minutes**.



Serve up

- Divide garlic rice and Mexican black bean chili between bowls.
- Top with avocado salsa.
- Dollop over **plant-based mayo** and tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS



ADD BEEF MINCE

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



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

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

