



Mexican Black Bean Chilli & Avocado Salsa

with Garlic Rice & Coriander

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Garlic



Jasmine Rice



Avocado



Cucumber



Black Beans



Soffritto Mix



Tomato Paste



Mexican Fiesta Spice Blend



Plant-Based Mayo



Coriander



Beef Mince



Diced Bacon

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)	1¼ cups	2½ cups
avocado	1 (small)	1 (large)
cucumber	1 (medium)	1 (large)
black beans	1 packet	2 packets
soffritto mix	1 medium packet	1 large packet
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

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1



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!

4



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.

2



Get prepped

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

5



Toss the salsa

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

3



Start the chilli

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

6



Serve up

- Divide garlic rice and Mexican black bean chilli 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.

