

with Garlic Rice & Coriander

CLIMATE SUPERSTAR

















Soffritto Mix





Tomato Paste

Mexican Fiesta Spice Blend





Plant-Based Mayo

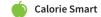
Coriander







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



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 mouthwatering flavours.



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

Inaredients

| 9 | | | |
|------------------------------|-----------------|-----------------|--|
| | 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) | ⅔ cup | 1⅓ cups | |
| white wine vinegar* | drizzle | drizzle | |
| plant-based mayo | 1 medium packet | 1 large packet | |
| coriander | 1 packet | 1 packet | |
| | | | |

Nutrition

*Pantry Items

| 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.



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!



Get prepped

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



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.



Finish the chilli

- 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.



Toss the salsa

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



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!





ADD BEEF MINCE

Before starting chiili, 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.

