



# Black Bean Chilli & Garlic Brown Rice Bowl

with Cucumber-Radish Salsa & Corn Chips

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Cucumber



Tomato



Carrot



Radish



Onion



Black Beans



Tex-Mex Spice Blend



Tomato Paste



Sriracha



Corn Chips

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

Say hello to the king of veggie bowls! There's nutrient-packed black beans that are wholesome and filling, garlic brown rice and a radish salsa, we bow before the might of this dish.

### Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
brown rice	1 packet	2 packets
cucumber	1 (medium)	1 (large)
radish	2	3
tomato	1	2
carrot	1	2
onion	1 (medium)	1 (large)
black beans	1 tin	2 tins
<b>white wine vinegar*</b>	drizzle	drizzle
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
sriracha	1 packet	1 packet
<b>plant-based butter*</b>	20g	40g
corn chips	1 medium bag	1 large bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2985kJ (713Cal)	475kJ (114Cal)
Protein (g)	24.9g	4g
Fat, total (g)	18.7g	3g
- saturated (g)	6.4g	1g
Carbohydrate (g)	103.4g	16.5g
- sugars (g)	15g	2.4g
Sodium (mg)	1214mg	193mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the garlic brown rice

- Finely chop **garlic**.
- Half-fill a medium saucepan with **water**. Add **brown rice** and a generous pinch of **salt**.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**. Drain **rice** and set aside.
- Return the saucepan to medium heat with a dash of **olive oil**. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Return **rice** to the saucepan and stir to combine. Remove from heat.

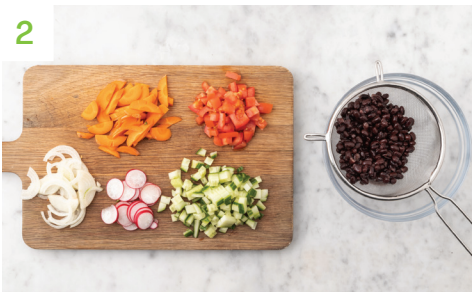
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## Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **onion** until tender, **4-5 minutes**.

2



## Get prepped

- Meanwhile, roughly chop **cucumber** and **tomato**. Thinly slice **carrot** into half-moons. Thinly slice **radish** and **onion**. Drain and rinse **black beans**.

5



## Flavour the beans

- Add **Tex-Mex spice blend**, **tomato paste** and remaining **garlic** to the **veggies** and cook until fragrant, **1-2 minutes**.
- Add **black beans**, **sriracha**, the **plant-based butter** and a splash of **water**. Simmer, until slightly thickened, **1-2 minutes**. Season with **salt** and **pepper**.
- Cover with a lid (or foil) and cook, **2-3 minutes**.

3



## Make the salsa

- In a medium bowl, combine **cucumber**, **tomato** and **radish** with a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

6



## Serve up

- Divide garlic brown rice between bowls.
- Top with black bean chilli and cucumber-radish salsa. Serve with **corn chips**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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