

Saucy Mexican Bean & Roast Kumara Bowl

with Charred Corn Salsa

Grab your Meal Kit with this symbol



Kumara



Red Onion



Sweetcorn



Red Kidney Beans



Tomato



Spring Onion



Mexican Fiesta Spice Blend




Enchilada Sauce




Yoghurt



Feta

 Hands-on: 20-30 mins
Ready in: 30-40 mins

 Low Calorie

 Spicy (Mexican Fiesta spice blend)

Whip up a hearty vegetarian bowl that's delicious and satisfying. With spiced black beans plus roasted kumara and a creamy yoghurt dressing all tossed with a charred corn salsa, this is a colourful bowl of goodness brimming with our favourite Mexican flavours!

Pantry items

Olive Oil, White Wine Vinegar (White Wine or Rice Wine)

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

Oven tray lined with baking paper ·
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
red onion	½	1
white wine vinegar* (for the pickle)	¼ cup	½ cup
water*	¼ cup	½ cup
sweetcorn	½ tin	1 tin
red kidney beans	1 tin	2 tins
tomato	1	2
spring onion	2 stems	4 stems
white wine vinegar* (for the salsa)	½ tsp	1 tsp
Mexican Fiesta spice blend	½ sachet	1 sachet
enchilada sauce	1 packet (140g)	2 packets (280g)
yoghurt	1 small packet	1 large packet
feta	1 block (50g)	1 block (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2230kJ (533Cal)	320kJ (76Cal)
Protein (g)	21.5g	3.1g
Fat, total (g)	19.8g	2.8g
- saturated (g)	6.7g	1.0g
Carbohydrate (g)	58.3g	8.4g
- sugars (g)	24.9g	3.6g
Sodium (g)	1460mg	209mg

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.



Roast the kumara

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the kumara to size so it cooks in time!



Pickle the onion

While the kumara is roasting, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **white wine vinegar (for the pickle)**, **water** and a generous pinch of **salt** and **sugar**. Scrunch the **onion** in your hands, then add to the **pickling liquid**. Stir to coat and set aside until just before serving.



Get prepped

Drain the **sweetcorn** (see ingredients). Drain and rinse the **red kidney beans**. Finely chop the **tomato**. Thinly slice the **spring onion**.



Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a large bowl. Add the **tomato** and **white wine vinegar (for the salsa)** to the charred **corn**. Season with **salt** and **pepper** and toss to combine.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Cook the saucy beans

SPICY! The spice blend is hot, use less if you're sensitive to heat. Return the pan to a medium heat with a drizzle of **olive oil**. Add the **red kidney beans** and **Mexican Fiesta spice blend** (see ingredients) and cook, stirring, until coated and fragrant, **1-2 minutes**. Add the **enchilada sauce** and simmer until heated through, **2 minutes**. Season to taste.



Serve up

Drain the pickled onion. Divide the roasted kumara and saucy beans between bowls. Top with the charred corn salsa, **yoghurt**, crumbled **feta**, pickled onion and spring onion.

Enjoy!