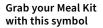


# Saucy Mexican Bean & Roast Kumara Bowl with Charred Corn Salsa

















Sweetcorn

Red Kidney Beans





Mexican Fiesta



**Spring Onion** 

Spice Blend

Enchilada Sauce



Yoghurt

Feta

Hands-on: 20-30 mins Ready in: 30-40 mins 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                                  | 1/2                | 1                   |
| white wine<br>vinegar*<br>(for the pickle) | 1/4 cup            | ½ cup               |
| water*                                     | ⅓ 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<br>vinegar*<br>(for the salsa)  | ½ tsp              | 1 tsp               |
| Mexican Fiesta<br>spice blend              | ½ sachet           | 1 sachet            |
| enchilada sauce                            | 1 packet<br>(140g) | 2 packets<br>(280g) |
| yoghurt                                    | 1 small packet     | 1 large packet      |
| feta                                       | 1 block<br>(50g)   | 1 block<br>(100g)   |
|  |                    |                     |

**<sup>★</sup>**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!