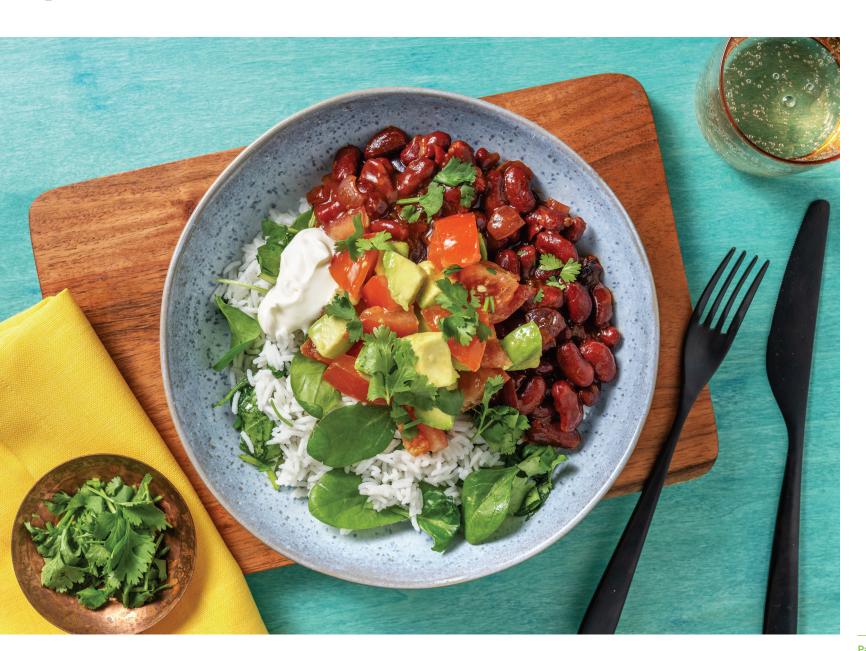


# Mexican Kidney Bean & Spinach Rice Bowl with Avocado Salsa & Sour Cream

Grab your Meal Kit with this symbol











**Red Onion** 





Avocado



Beans



Mexican Fiesta



Spice Blend



**Baby Spinach** 



Leaves



Coriander



**Pantry items** 

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

### 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 with a lid · Large frying pan

## Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
butter*	20g	40g	
garlic paste	1 packet	1 packet	
basmati rice	1 packet	1 packet	
water*	1½ cups	3 cups	
red onion	1 (medium)	1 (large)	
tomato	1	2	
avocado	1	2	
red kidney beans	1 tin	2 tins	
Mexican Fiesta spice blend	1 sachet	1 sachet	
enchilada sauce	1 packet	2 packets	
brown sugar*	1 tsp	2 tsp	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
white wine vinegar*	drizzle	drizzle	
sour cream	1 medium packet	1 large packet	
coriander	1 bag	1 bag	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3528kJ (843Cal)	654kJ (156Cal)
Protein (g)	22g	4.1g
Fat, total (g)	35.7g	6.6g
- saturated (g)	16.9g	3.1g
Carbohydrate (g)	103g	19.1g
- sugars (g)	15.7g	2.9g
Sodium (mg)	1902mg	353mg

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 rice

In a medium saucepan, heat the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic paste** until fragrant, **1 minute**. Add the **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Get prepped

While the rice is cooking, roughly chop the **red onion** and **tomato**. Slice the **avocado** in half, scoop out the flesh and roughly chop. Drain and rinse the **red kidney beans**.



#### Cook the onion

Spicy! You may find the spice blend hot. Add less if you're sensitive to heat. When the rice has 10 minutes cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of olive oil. Cook the onion until tender, 3-5 minutes. Add the Mexican Fiesta spice blend and cook until fragrant, 1 minute.



## Add the beans

Add the **beans**, **enchilada sauce**, the **brown sugar** and a splash of **water**. Stir to combine, then reduce the heat to medium and cook until slightly thickened, **2-3 minutes**. Season to taste.



# Bring it all together

Add the **baby spinach leaves** to the **rice** and stir to combine. In a medium bowl, combine the **tomato**, **avocado**, a pinch of **salt** and a drizzle of **olive oil** and **white wine vinegar**.



## Serve up

Divide the spinach rice and Mexican kidney beans between bowls. Top with the avocado salsa and **sour cream.** Tear over the **coriander** to serve.

Enjoy!