



# Mexican Kidney Bean & Spinach Rice Bowl

with Avocado Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Red Onion



Tomato



Avocado



Red Kidney Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Baby Spinach Leaves



Sour Cream



Coriander

- Hands-on: **20-30 mins**
- Ready in: **30-40 mins**
- Spicy (Mexican Fiesta spice blend)

We know bowls are a bit trendy right now, but this one is well deserving of its hip appearance. If you had Mexican relegated to junk food status, this nourishing version with fresh herbs and avocado is going to put it back on the menu! Everyone will love this warming bowl, packed with veggies and beans but full of flavour!

### 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

	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

\*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](https://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!



## 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.



## 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**.



## 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**.



## 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**.



## 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!