



Mexican Kidney Bean & Rice Bowl

with Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Onion



Tomato



Sweetcorn



Red Kidney Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Salad Leaves



Sour Cream



Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- 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. This nourishing version with fresh herbs and corn is going to be a hit 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
onion	1 (medium)	1 (large)
tomato	1	2
sweetcorn	½ tin	1 tin
red kidney beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	1 sachet
enchilada sauce	1 packet (140g)	2 packets (280g)
brown sugar*	1 tsp	2 tsp
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
sour cream	1 medium packet	1 large packet
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3130kJ (748Cal)	573kJ (136Cal)
Protein (g)	23.3g	4.3g
Fat, total (g)	19.5g	3.6g
- saturated (g)	13.1g	2.4g
Carbohydrate (g)	106.8g	19.5g
- sugars (g)	18.9g	3.5g
Sodium (mg)	1990mg	364mg

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

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



Add the beans

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



Get prepped

While the rice is cooking, roughly chop **onion** and **tomato**. Drain **sweetcorn** (see ingredients). Drain and rinse **red kidney beans**.



Bring it all together

Add **salad leaves** to the **rice** and stir to combine. Set aside. In a medium bowl, combine **tomato**, **sweetcorn**, 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 medium-high heat with a drizzle of **olive oil**. Cook **onion** until tender, **3-5 minutes**. Add **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.



Serve up

Divide rice and Mexican kidney beans between bowls. Top with corn salsa and **sour cream**. Tear over **herbs** to serve.

Enjoy!