



# Smokey Black Bean Chilli

with Garlic Rice & Feta

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Tomato



Carrot



Sweetcorn



Black Beans



All-American Spice Blend



Smoked Paprika



Chopped Tomatoes



Vegetable Stock



Baby Spinach Leaves



Spring Onion



Feta

Hands-on: **25-35** mins  
Ready in: **35-45** mins

Who doesn't love a piping hot bowl of American-style chilli? Sure to leave you feeling satisfied and nurtured, this one's packed with the goodness of veggies and beans, plus aromatic garlic rice and crumbly feta to top it off. Kick your shoes off and dig in!

### Pantry items

Olive Oil, Butter

## 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
garlic	2 cloves	4 cloves
butter*	40g	80g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
brown onion	1 (medium)	1 (large)
tomato	1	2
carrot	1	2
sweetcorn	½ tin	1 tin
black beans	1 tin	2 tins
All-American spice blend	1 sachet	2 sachets
smoked paprika	1 sachet	2 sachets
chopped tomatoes	1 tin	2 tins
water* (for the sauce)	2 tbs	¼ cup
vegetable stock	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
spring onion	1 bunch	1 bunch
feta	1 block (50g)	1 block (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3540kJ (846Cal)	404kJ (97Cal)
Protein (g)	27.8g	3.2g
Fat, total (g)	26.7g	3.1g
- saturated (g)	15.2g	1.7g
Carbohydrate (g)	120g	13.7g
- sugars (g)	26.5g	3.0g
Sodium (g)	2450mg	279mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt **1/2** the **butter** with a **drizzle of olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir and 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!



## 4. Finish the chilli

Add the **remaining butter**, **All-American spice blend** and **smoked paprika** and cook until fragrant, **1 minute**. Add the **chopped tomatoes**, **water (for the sauce)** and the **vegetable stock** and simmer until slightly thickened, **4-5 minutes**. Stir through the **baby spinach leaves** until wilted.



## 2. Get prepped

Thinly slice the **brown onion**. Roughly chop the **tomato**. Grate the **carrot** (unpeeled). Drain the **sweetcorn** (see ingredients list). Drain and rinse the **black beans**.



## 5. Prep the garnish

While the chilli is simmering, thinly slice the **spring onion**.



## 3. Start the chilli

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **onion** and **sweetcorn** and cook until softened and slightly charred, **4-5 minutes**. Reduce the heat to medium-high and add the **carrot**, **tomato** and **black beans**. Cook until tender, **3-4 minutes**.



## 6. Serve up

Divide the garlic rice and smoky black bean chilli between bowls. Crumble over the **feta** and garnish with the spring onion.

**Enjoy!**