



Tex-Mex Black Bean Burrito Bowl

with Corn Chips, Rapid Rice & Sour Cream

Grab your Meal Kit with this symbol



Basmati Rice



Vegetable Stock Powder



Carrot



Sweetcorn



Baby Spinach Leaves



Black Beans



Tomato Paste



Tex-Mex Spice Blend



Mild Chipotle Sauce



Corn Chips



Shredded Cheddar Cheese



Sour Cream

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Beef Mince

Prep in: **15-25 mins**
Ready in: **25-35 mins**

A burrito in a bowl might sound a little far-fetched but we've done the impossible. We've made a saucy black bean mix spiced with our popular Tex-Mex spice and cooled down by fluffy rice. What burrito is complete without a salsa, so whip up one in no time with sweetcorn and baby spinach. Add the sour cream and a few corn chips for fun and there you have it, a burrito in a bowl!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
carrot	1	2
sweetcorn	1 tin	1 tin
baby spinach leaves	1 small bag	1 medium bag
black beans	1 tin	2 tins
white wine vinegar*	drizzle	drizzle
tomato paste	1 packet	2 packets
Tex-Mex spice blend	1 sachet	1 sachet
mild chipotle sauce	½ packet (20g)	1 packet (40g)
water*	¼ cup	½ cup
butter*	20g	40g
corn chips	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 medium packet	1 large packet
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3691kJ (882Cal)	737kJ (176Cal)
Protein (g)	26.4g	5.3g
Fat, total (g)	34.1g	6.8g
- saturated (g)	17.7g	3.5g
Carbohydrate (g)	110.8g	22.1g
- sugars (g)	14.1g	2.8g
Sodium (mg)	1801mg	359mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4887kJ (1168Cal)	781kJ (186Cal)
Protein (g)	55g	8.8g
Fat, total (g)	51.9g	8.3g
- saturated (g)	25.6g	4.1g
Carbohydrate (g)	110.8g	17.7g
- sugars (g)	14.1g	2.3g
Sodium (mg)	1853mg	296mg

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.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW39



1 Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook over high heat until tender, **12 minutes**. Drain and return to the saucepan.
- Add **vegetable stock powder** and stir to combine.



3 Cook the beans

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **black beans** until softened, **2-3 minutes**.
- Add **tomato paste** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**.
- Reduce heat to medium, add **mild chipotle sauce** (see ingredients), the **water** and **butter** and cook, stirring until slightly thickened, **1-2 minutes**. Season with **salt** and **pepper**.

Custom Recipe: Add beef mince with carrot and black beans, breaking up with a spoon, 4-5 minutes. Continue as instructed above.



2 Get prepped

- While the rice is cooking, grate **carrot**. Drain the **sweetcorn**. Roughly chop **baby spinach leaves**. Drain and rinse **black beans**.
- In a medium bowl, add **sweetcorn**, **baby spinach**, a drizzle of **white wine vinegar** and **olive oil**. Season, toss and set aside.

Custom Recipe: If you added beef mince, then drain, rinse and only use 1/2 the black beans.



4 Serve up

- Divide rapid rice and Tex-Mex black beans between bowls.
- Top with spinach salsa and **corn chips**.
- Sprinkle over **shredded Cheddar cheese**. Serve with **sour cream**. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know: hellofresh.co.nz/rate