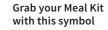


Mexican Veggie Mince & Black Bean Chilli Bowl

with Garlic Rice, Cucumber Salsa & Mayo

ALTERNATIVE PROTEIN















Cucumber





Black Beans



Plant-Based





Crushed & Sieved



Coriander

Spice Blend

Tomatoes



Plant-Based Mayo





Prep in: 20-30 mins Ready in: 30-40 mins

Plant Based* *Custom Recipe is not Plant Based

Say hello to the best bean in town, nutrient-packed black beans. They are wholesome and filling and go perfectly in a bowl with garlic rice and a fresh cucumber salsa. Now cook up plant-based mince and add it to the chilli to really drive home those mouth-watering flavours.

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar, Brown Sugar

Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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		
plant-based butter*	20g	40g		
basmati rice	1 packet	1 packet		
water*	1½ cups	3 cups		
cucumber	1 (medium)	1 (large)		
tomato	1	2		
celery	1 stalk	2 stalks		
black beans	½ tin	1 tin		
white wine vinegar*	drizzle	drizzle		
plant-based mince	1 packet	2 packets		
Tex-Mex spice blend	1 sachet	1 sachet		
crushed & sieved tomatoes	½ tin	1 tin		
brown sugar*	1 tsp	2 tsp		
plant-based mayo	1 packet (40g)	1 packet (80g)		
coriander	1 bag	1 bag		
beef mince**	1 packet	1 packet (or 2 packets)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3531kJ (844Cal)	595kJ (142Cal)
Protein (g)	41.8g	7g
Fat, total (g)	24.7g	4.2g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	99.1g	16.7g
- sugars (g)	8.8g	1.5g
Sodium (mg)	1945mg	328mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3723kJ (890Cal)	602kJ (144Cal)
Protein (g)	50.4g	8.1g
Fat, total (g)	28.9g	4.7g
- saturated (g)	8.7g	1.4g
Carbohydrate (g)	92.3g	14.9g
- sugars (g)	7.6g	1.2g
Sodium (mg)	1237mg	200mg

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

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Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat. Cook garlic until fragrant, 1-2 minutes.
- 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!



Get prepped

- Meanwhile, roughly chop cucumber and tomato. Finely chop celery.
- Drain and rinse black beans (see ingredients).



Make the salsa

 In a medium bowl, combine tomato, cucumber, a drizzle of white wine vinegar and a pinch of salt and pepper. Set aside.



Cook the mince

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook plant-based mince and celery, breaking mince up with a spoon, until just browned,
 4-5 minutes.

Custom Recipe: If you've swapped to beef mince, cook beef in the same way as above.



Add the beans

- Add black beans, Tex-Mex spice blend and tomato paste to the pan and cook, stirring, until fragrant, 1-2 minutes.
- Add the brown sugar and crushed & sieved tomatoes (see ingredients) and cook until slightly thickened, 1-2 minutes.

TIP: This is a mild spice blend, but use less if you're sensitive to heat!



Serve up

- Divide garlic rice between bowls.
- Top with Mexican veggie mince with black beans and cucumber salsa.
- Dollop over plant-based mayo and tear over coriander to serve. Enjoy!



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