



Mexican Veggie Mince & Black Bean Chilli Bowl

with Garlic Rice, Cucumber Salsa & Mayo

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Tomato



Celery



Black Beans



Plant-Based Mince



Tex-Mex Spice Blend



Crushed & Sieved Tomatoes



Coriander



Plant-Based Mayo



Beef Mince

Recipe Update

The recent weather conditions across New Zealand have 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!

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

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



*Custom Recipe is not Plant Based

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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1 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!



4 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.



2 Get prepped

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



5 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!



3 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.



6 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!

Rate your recipe

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