



Everything But The Chef

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Mexican Chilli Sin Carne Bowl

We know bowls are a bit trendy right now, but this one is well deserving of its hip appearance. If you're a bit shy when it comes to chilli, try adding just half of the Tapatio hot sauce (you can always add more when you come to serve it if you need more fire!). If you had Mexican relegated to junk food status, this nourishing version with fresh herbs and avocado is going to put it back on the menu for you!

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- lactose free**
- gluten free**
- vegan**

Pantry Items

- Olive Oil
- Water



Brown Rice



Red Onion



Zucchini



Mexican Spice Mix



Black Beans



Diced Tomatoes



Tapatio Hot Sauce



Avocado



Coriander

2P	4P	Ingredients
2/3 cup	1 1/3 cups	brown rice
1 1/2 cups	3 cups	water *
2 tsp	1 tbs	olive oil *
1/2	1	red onion, finely chopped
1	2	zucchini, grated
1-2 tsp	3-4 tsp	Mexican spice mix
1 tin	2 tins	black beans, drained & rinsed
1 tin	2 tins	diced tomatoes
1 sachet	2 sachets	Tapatio hot sauce
1/2	1	avocado, chopped
1/2 bunch	1 bunch	coriander, leaves picked

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2210	Kj
Protein	16.6	g
Fat, total	15.2	g
-saturated	2.4	g
Carbohydrate	73.4	g
-sugars	9.7	g
Sodium	305	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, grater, sieve, medium pot with a lid, medium frying pan.*

1 Place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium pot and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft and the water is absorbed.

2 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **zucchini** and cook for a further **2 minutes**. Add the **Mexican spice mix** and cook for **1 minute** or until fragrant. Add the **black beans, diced tomatoes** and **Tapatio hot sauce**. Reduce the heat to medium-low and simmer for **10 minutes** or until the sauce has thickened slightly.

3 To serve, divide the brown rice and Mexican chilli between bowls. Top with the **avocado** and garnish with the **coriander leaves**.



Did you know? Avocados contain more potassium than bananas!