



# Loaded Beef & Bacon Chilli Instant Rice Bowl

with Guacamole, Sour Cream & Pickled Jalapenos

FAST & FANCY

Grab your Meal Kit with this symbol



Black Beans



Beef Mince



Diced Bacon



Mexican Fiesta Spice Blend



Enchilada Sauce



Avocado



Tomato



Lime



Microwavable Basmati Rice



Cheddar Cheese



Light Sour Cream



Pickled Jalapeños (Optional)



Coriander

Prep in: 10-20 mins  
Ready in: 20-30 mins

Black beans bursting with fiery flavours and a rich enchilada sauce team perfectly with a bed of instant rice for an unforgettable mid-week dinner. But have no fear! A generous dollop of guacamole and sour cream will help cool down the refreshing spikes of heat.

### Pantry items

Olive Oil, 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
black beans	½ medium packet	1 medium packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
diced bacon	1 medium packet	1 large packet
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
enchilada sauce	1 packet	2 packets
<b>brown sugar*</b>	½ tbs	1 tbs
avocado	1	2
tomato	1	2
lime	½	1
microwavable basmati rice	1 packet	2 packets
Cheddar cheese	1 large packet	2 large packets
light sour cream	1 medium packet	1 large packet
pickled jalapeños 🌶️ (optional)	1 medium packet	1 large packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4456kJ (1065Cal)	528kJ (126Cal)
Protein (g)	64.7g	7.7g
Fat, total (g)	50.1g	5.9g
- saturated (g)	19.3g	2.3g
Carbohydrate (g)	79.1g	9.4g
- sugars (g)	10.9g	1.3g
Sodium (mg)	2031mg	241mg
Dietary Fibre (g)	22.8g	2.6g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the chilli

- Drain and rinse **black beans** (see ingredients).
- Heat a large frying pan over high heat. Cook **beef mince** (no need for oil!) and **diced bacon**, breaking up with a spoon, until browned, **4-6 minutes**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Reduce heat to medium-high. Add **black beans** and **Mexican Fiesta spice blend** and cook, stirring, until slightly softened and fragrant, **1-2 minutes**.
- Stir in **enchilada sauce**, the **brown sugar** and a splash of **water** and simmer until slightly reduced, **2-3 minutes**.

**TIP:** Add a splash more water if the chilli looks too thick.

3



## Make the guacamole

- Place **avocado** in a small bowl and mash with a fork.
- Add **tomato**, a generous squeeze of **lime juice** and a drizzle of **olive oil** and stir to combine. Season to taste.

2



## Get prepped

- Meanwhile, slice **avocado** in half and scoop out flesh.
- Roughly chop **tomato**.
- Cut **lime** into wedges.

4



## Serve up

- Microwave **basmati rice** until steaming, **2-3 minutes**.
- Divide rice between bowls. Top with beef and bacon chilli. Sprinkle with **Cheddar cheese**.
- Top with guacamole, **light sour cream** and **pickled jalapeños** (if using). Tear over **coriander** and serve with any remaining lime wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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