



# American Beef & Bean Chilli Rice Bowl

with Cheddar & Avocado

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Garlic



Tomato



Avocado



Carrot



Red Kidney Beans



Beef Mince



All-American Spice Blend



Diced Tomatoes



Beef Stock



Shredded Cheddar Cheese



Greek Yoghurt

Hands-on: **10 mins**  
Ready in: **30 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

Everyone loves a DIY dinner, and this loaded American chilli is the ultimate customisable bowl. Start with rice and a hearty chilli, then pile on the cheese, Greek yoghurt, tomato and avocado. It's a great way to get everyone involved, plus it tastes delicious!

**Pantry items**  
Olive Oil, 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 with a lid · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
water* (for the rice)	3 cups
basmati rice	2 packets
brown onion	1
garlic	1 clove
tomato	2
avocado	1
carrot	1
red kidney beans	1 tin
beef mince	1 packet
All-American spice blend	2 sachets
diced tomatoes	1 tin (400g)
butter*	30g
water* (for the sauce)	¼ cup
beef stock	1 cube
shredded Cheddar cheese	1 packet (100g)
Greek yoghurt	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3380kJ (808Cal)	555kJ (133Cal)
Protein (g)	42.8g	7.0g
Fat, total (g)	31.9g	5.2g
- saturated (g)	15.4g	2.5g
Carbohydrate (g)	82.1g	13.5g
- sugars (g)	15.2g	2.5g
Sodium (g)	903mg	148mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Cook the rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### 2. Prep the veggies

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Finely chop the **tomato**. Cut the **avocado** into 1cm cubes. Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans**.

**TIP:** Cut the avocado in its skin, then scoop out the flesh using a spoon.



### 3. Cook the beef

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **All-American spice blend** and cook until fragrant, **1 minute**.



### 4. Add the carrot & beans

Add the grated **carrot** and **red kidney beans** to the frying pan and cook until softened, **2-3 minutes**.



### 5. Add the sauce

Add the **diced tomatoes**, **butter** and **water (for the sauce)** to the pan and crumble in **1 beef stock cube**. Reduce the heat to medium-high and cook until reduced and thickened, **3-4 minutes**.



### 6. Serve up

Divide the rice and American beef and bean chilli between bowls. Top with the **shredded Cheddar cheese**, tomato, avocado and a dollop of **Greek yoghurt**.

**Enjoy!**