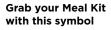


# American Beef & Bean Chilli Rice Bowl

with Cheddar & Avocado





















Red Kidney Beans





All-American Spice Blend



**Diced Tomatoes** 







**Shredded Cheddar** Cheese



**Greek Yoghurt** 





Not suitable for Coeliacs

## 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)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3380kJ (808Cal)	<b>555kJ</b> (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 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!** 

