

American Beef & Bean Chilli Rice Bowl

with Cheddar & Avocado

Grab your Meal Kit with this symbol



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Basmati Rice



Brown Onion



Garlic



Tomato



Avocado



Carrot



Butter Beans



All-American Spice Blend



Diced Tomatoes with Garlic & Onion



Beef-Style Stock Powder



Beef Mince



Shredded Cheddar Cheese



Greek-Style Yoghurt

Prep in: **10-20 mins**
Ready in: **30-40 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

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
brown onion	½	1
garlic	½ clove	1 clove
tomato	1	2
avocado	½	1
carrot	1	2
butter beans	½ tin	1 tin
beef mince	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	½ box	1 box
butter*	15g	30g
water* (for the sauce)	1½ tbs	¼ cup
beef-style stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3877kJ (926Cal)	537kJ (128Cal)
Protein (g)	49.8g	6.9g
Fat, total (g)	36.8g	5.1g
- saturated (g)	17.9g	2.5g
Carbohydrate (g)	92.2g	12.8g
- sugars (g)	22.4g	3.1g
Sodium (mg)	1186mg	164mg

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 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



2022 | CW23



Cook the rice

- In a medium saucepan, bring the **water (for the rice)** to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan 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!



Cook the beef & beans

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook **onion** until softened, **3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Add **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Drain oil from pan.
- Add **All-American spice blend** and cook until fragrant, **1 minute**. Add **carrot** and **butter beans** and cook until softened, **2-3 minutes**.
- Add **diced tomatoes with garlic & onion** (see ingredients), the **butter**, the **water (for the sauce)** and **beef-style stock powder**. Reduce heat to medium-high, then simmer until reduced, **3-4 minutes**.



Get prepped

- Meanwhile, finely chop **brown onion** (see ingredients). Finely chop **garlic** (see ingredients).
- Finely chop **tomato**. Slice **avocado** (see ingredients) in half, scoop out flesh and roughly chop. Set aside.
- Grate the **carrot**. Drain and rinse **butter beans** (see ingredients).



Serve up

- Divide rice and American beef and bean chilli between bowls.
- Top with **shredded Cheddar cheese**, tomato and avocado.
- Dollop over **Greek-style yoghurt** to serve. Enjoy!

Rate your recipe

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