



CHIPOTLE BEEF & BLACK BEAN CHILLI

with Cheddar Cheese & Corn Salsa



Add black beans to
a Mexican chilli



Garlic



Basmati Rice



Tomato



Spring Onion



Sweetcorn



Black Beans



Zucchini



Beef Mince



All-American
Spice Blend



Tomato Paste



Mild Chipotle
Sauce



Sour Cream



Shredded Cheddar
Cheese



Hands-on: **20-30** mins
Ready in: **25-35** mins



Naturally gluten-free
Not suitable for Coeliacs

Give beef chilli a fibre boost by adding black beans, and ramp up the flavour with fragrant spices and mild chipotle. Top it with an easy corn and tomato salsa, sour cream and Cheddar cheese for a meal that's sure to please.

Pantry Staples: Olive Oil, Butter, White Wine
Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add **1/2 the garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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!



4 COOK THE BEEF

When the rice has **10 minutes** cook time remaining, heat a **drizzle of olive oil** in a medium frying pan over a high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**. Add a **drizzle of olive oil**, the **All-American spice blend**, **tomato paste** and the **remaining garlic** and cook until fragrant, **1-2 minutes**.



2 GET PREPPED

While the rice is cooking, roughly chop the **tomato**. Thinly slice the **spring onion**. Drain the **sweetcorn**. Drain and rinse the **black beans (see ingredients list)**. Grate the **zucchini**.



5 MAKE IT SAUCY

Add the **black beans**, **zucchini**, **mild chipotle sauce** and **water (for the sauce)** to the frying pan and stir to combine. Reduce the heat to medium-high and simmer, stirring occasionally, until slightly thickened, **3-4 minutes**. Season to taste.



3 MAKE THE SALSA

In a small bowl, combine the **tomato**, **spring onion**, **sweetcorn**, **white wine vinegar** and a **good drizzle of olive oil**. Season to taste with **salt** and **pepper** and mix well.



6 SERVE UP

Divide the garlic rice and chipotle beef and black bean chilli between bowls. Top with the corn salsa, a dollop of **sour cream** and the **shredded Cheddar cheese**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
tomato	1	2
spring onion	1 bunch	1 bunch
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	½ tin	1 tin
zucchini	1	2
white wine vinegar*	½ tsp	1 tsp
beef mince	1 packet	1 packet
All-American spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
mild chipotle sauce	1 tub (40g)	2 tubs (80g)
water* (for the sauce)	½ cup	¾ cup
sour cream	1 packet (100g)	1 packet (200g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4350kJ (1040Cal)	527kJ (126Cal)
Protein (g)	58.9g	7.1g
Fat, total (g)	39.1g	4.7g
- saturated (g)	21.3g	2.6g
Carbohydrate (g)	115g	13.9g
- sugars (g)	19.3g	2.3g
Sodium (g)	2070mg	250mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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