



Spiced Black Bean & Veggie Fajita Bowl

with Cheddar, Tomato Relish & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Capsicum



Brown Onion



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Pickled Jalapeños (Optional)



Tomato Relish



Light Sour Cream



Beef Mince

Prep in: 30-40 mins
Ready in: 35-45 mins

This colourful fajita bowl is wonderfully hearty, and bursting with all the best flavours and textures. From the cumin, paprika and chilli-spiced black beans, to the subtly sweet veggies and rich garlic rice, you can't go wrong here.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

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 |
| garlic | 2 cloves | 4 cloves |
| butter* | 40g | 80g |
| basmati rice | 1 medium packet | 1 large packet |
| water* | 1 ½ cups | 3 cups |
| capsicum | 1 | 2 |
| brown onion | ½ | 1 |
| sweetcorn | 1 medium tin | 1 large tin |
| black beans | 1 tin | 2 tins |
| Mexican Fiesta spice blend 🌶️ | 1 medium sachet | 1 large sachet |
| tomato paste | 1 packet | 1 packet |
| brown sugar* | ½ tsp | 1 tsp |
| shredded Cheddar cheese | 1 medium packet | 1 large packet |
| pickled jalapeños 🌶️ (optional) | 1 medium packet | 1 large packet |
| tomato relish | 1 medium packet | 1 large packet |
| light sour cream | 1 medium packet | 1 large packet |
| beef mince** | 1 small packet | 1 medium packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3758kJ (898Cal) | 651kJ (156Cal) |
| Protein (g) | 26g | 4.5g |
| Fat, total (g) | 38.9g | 6.7g |
| - saturated (g) | 20.7g | 3.6g |
| Carbohydrate (g) | 102.5g | 17.8g |
| - sugars (g) | 19.4g | 3.4g |
| Sodium (mg) | 1676mg | 290mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4702kJ (1124Cal) | 670kJ (160Cal) |
| Protein (g) | 53.5g | 7.6g |
| Fat, total (g) | 51.7g | 7.4g |
| - saturated (g) | 26.2g | 3.7g |
| Carbohydrate (g) | 102.5g | 14.6g |
| - sugars (g) | 19.4g | 2.8g |
| Sodium (mg) | 1751mg | 249mg |

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 | CW49



Cook the garlic rice

1. Finely chop **garlic**. In a medium saucepan, melt 1/2 the **butter** with a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
2. Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
3. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
4. 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!



Add the flavourings

1. **SPICY!** You may find the spice blend hot! Add less if sensitive to heat. Stir in **Mexican Fiesta spice blend**, **tomato paste**, the **brown sugar** and remaining **butter** and cook until fragrant, **1 minute**.
2. Add a splash of water. Cook until thickened, **1 minute**. Transfer to a bowl. Cover to keep warm.



Get prepped

1. Meanwhile, slice **capsicum** into thin strips.
2. Thinly slice **brown onion** (see ingredients).
3. Drain **sweetcorn**.



Cook the veggies

1. Return frying pan to a medium-high heat with a drizzle of **olive oil**.
2. Cook **capsicum**, **corn** and **onion**, tossing, until softened and browned, **5-6 minutes**. Season with **salt** and **pepper**. Remove pan from heat.



Cook the black beans

1. Drain and rinse **black beans**.
2. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beans**, stirring occasionally, until blistered, **3-4 minutes**.

Custom Recipe: If you've added beef mince, use only 1/2 the beans. Before cooking the beans, cook mince, breaking up with a spoon, until just browned, 3-4 minutes. Drain oil from pan, then continue as above.



Serve up

1. Divide garlic rice between bowls. Top with spiced black beans, veggies, **shredded Cheddar cheese** and **pickled jalapeños** (if using).
2. Dollop over **tomato relish** and **light sour cream** to serve. Enjoy!

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