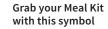


Spiced Black Bean & Veggie Fajita Bowl

with Cheddar, Tomato Relish & Sour Cream

CLIMATE SUPERSTAR

















Sweetcorn

Black Beans



Mexican Fiesta



Tomato Paste

Spice Blend

Shredded Cheddar



Pickled Jalapeños (Optional)







Light Sour Cream





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.

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

3			
	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	1/2	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
Avg Qty Energy (kJ)	Per Serving 4702kJ (1124Cal)	Per 100g 670kJ (160Cal)
Energy (kJ)	4702kJ (1124Cal)	670kJ (160Cal)
Energy (kJ) Protein (g)	4702kJ (1124Cal) 53.5g	670kJ (160Cal) 7.6g
Energy (kJ) Protein (g) Fat, total (g)	4702kJ (1124Cal) 53.5g 51.7g	670kJ (160Cal) 7.6g 7.4g
Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	4702kJ (1124Cal) 53.5g 51.7g 26.2g	670kJ (160Cal) 7.6g 7.4g 3.7g
Energy (kJ) Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g)	4702kJ (1124Cal) 53.5g 51.7g 26.2g 102.5g	670kJ (160Cal) 7.6g 7.4g 3.7g 14.6g

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

- 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.
- Add **basmati rice**, the **water** and a generous pinch of salt. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from heat.
- 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!



Get prepped

- · Meanwhile, slice capsicum into thin strips.
- Thinly slice brown onion (see ingredients).
- Drain sweetcorn.



Cook the black beans

- · Drain and rinse black beans.
- 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.



Add the flavourings

- 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.
- Add a splash of water. Cook until thickened, 1 minute. Transfer to a bowl. Cover to keep warm.



Cook the veggies

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



Serve up

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

