



Smokey Black Bean Chilli

with Creamy Fetta & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Capsicum



Carrot



Zucchini



Sweetcorn



Black Beans



All-American Spice Blend



Smoked Paprika



Diced Tomatoes With Garlic & Olive Oil



Vegetable Stock



Spring Onion



Fetta

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Naturally gluten-free
Not suitable for Coeliacs

What do you get when you combine our famous All-American spice blend with smoked paprika? A rich, tasty and absolutely smokin' dish that will knock your socks off! This time, we've used it in a chilli bowl loaded with veggies and black beans for a wholesome meal with all the good stuff.

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
garlic	4 cloves	8 cloves
butter*	40g	80g
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
brown onion	1	2
capsicum	1	2
carrot	1	2
zucchini	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	1 tin	2 tins
All-American spice blend	1 sachet	2 sachets
smoked paprika	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 box (400g)	2 boxes (800g)
water* (for the sauce)	1½ tbs	¼ cup
vegetable stock	1 cube	2 cubes
spring onion	1 bunch	1 bunch
fetta	1 block (50g)	1 block (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3610kJ (861Cal)	403kJ (96Cal)
Protein (g)	27.1g	3.0g
Fat, total (g)	29.9g	3.3g
- saturated (g)	15.9g	1.8g
Carbohydrate (g)	118g	13.2g
- sugars (g)	31.6g	3.5g
Sodium (g)	3100mg	346mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt **1/2** 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. Finish the chilli

Add the **All-American spice blend**, **smoked paprika**, the **remaining butter** and the **remaining garlic**, then cook until fragrant, **1 minute**. Add the **diced tomatoes with garlic & olive oil**, **water (for the sauce)** and **crumbled vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Simmer until slightly thickened, **4-5 minutes**.



2. Get prepped

Thinly slice the **brown onion**. Cut the **capsicum** into 1cm pieces. Grate the **carrot** (unpeeled) and **zucchini**. Drain the **sweetcorn**. Drain and rinse the **black beans**.



5. Prep the garnish

While the chilli is cooking, thinly slice the **spring onion**.



3. Start the chilli

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **onion**, **capsicum** and **sweetcorn** and cook until softened and starting to char, **4-5 minutes**. Reduce the heat to medium-high and add the **carrot**, **zucchini** and **black beans**. Cook until tender, **3-4 minutes**.



6. Serve up

Divide the garlic rice and smokey black bean chilli between bowls. Crumble over the **fetta** and garnish with the spring onion to serve.

Enjoy!