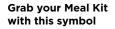
# **Smokey Black Bean Chilli**

with Creamy Fetta & Garlic Rice

















**Brown Onion** 





Carrot





**Black Beans** 

Sweetcorn



All-American Spice Blend



Smoked Paprika







**Diced Tomatoes With** Garlic & Olive Oil

Vegetable Stock



**Spring Onion** 



Fetta

Pantry items Olive Oil, Butter

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.

## 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*<br>(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<br>(125g)  | 1 tin<br>(300g)   |
| black beans                                  | 1 tin            | 2 tins            |
| All-American spice blend                     | 1 sachet         | 2 sachets         |
| smoked paprika                               | 1 sachet         | 2 sachets         |
| diced tomatoes<br>with garlic &<br>olive oil | 1 box<br>(400g)  | 2 boxes<br>(800g) |
| water*<br>(for the sauce)                    | 1½ tbs           | ¼ cup             |
| vegetable stock                              | 1 cube           | 2 cubes           |
| spring onion                                 | 1 bunch          | 1 bunch           |
| fetta  | 1 block<br>(50g) | 1 block<br>(100g) |

<sup>\*</sup>Pantry Items

#### **Nutrition**

|                  | Per Serving            | Per 100g      |
|------------------|------------------------|---------------|
| Energy (kJ)      | <b>3610kJ</b> (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 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!



## 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**.



## 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 mediumhigh and add the carrot, zucchini and black beans. Cook until tender, 3-4 minutes.



## 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.



# 5. Prep the garnish

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



# 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!**