



Smokey Bean Chilli

with Corn Salsa & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Corn



Carrot



Red Onion



Long Red Chilli (Optional)



Black Beans



All-American Spice Blend



Diced Tomatoes With Garlic & Olive Oil



Vegetable Stock



Coriander



Tomato



Lime



Greek Yoghurt

Hands-on: 25-35 mins
Ready in: 35-45 mins

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)

Who doesn't love a piping hot bowl of American-style chilli? Sure to leave you feeling satisfied, this one's packed with the goodness of veggies and beans, plus garlicky rice and a zesty lime yoghurt to top it off. Dig in!

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	3 cloves	6 cloves
butter*	40g	80g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
corn	1 cob	2 cobs
carrot	1	2
red onion	1	2
long red chilli (optional)	½	1
black beans	1 tin	2 tins
All-American spice blend	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 tin	2 tins
vegetable stock	1 cube	2 cubes
water* (for the sauce)	⅓ cup	⅔ cups
coriander	1 bag	1 bag
tomato	1	2
lime	½	1
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3160kJ (754Cal)	401kJ (96Cal)
Protein (g)	22.6g	2.9g
Fat, total (g)	21.7g	2.8g
- saturated (g)	12.9g	1.6g
Carbohydrate (g)	115g	14.7g
- sugars (g)	26.6g	3.4g
Sodium (g)	1620mg	206mg

Allergens

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



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 **2/3** of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, 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. Make the bean chilli

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** (reserve a little for the salsa if you like) and cook, stirring, until softened, **4-5 minutes**. Add the **All-American spice blend**, the **remaining garlic** and **1/2** the **chilli** (if using) and cook until fragrant, **1-2 minutes**. Add the **carrot**, **diced tomatoes with garlic & olive oil**, **black beans**, crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and **water** (**for the sauce**). Bring to the boil, then reduce the heat to medium and simmer, until slightly thickened, for **5-7 minutes**. Stir through the **remaining butter** and season to taste with **salt** and **pepper**.



2. Char the corn

While the rice is cooking, slice the kernels off the **corn** cob. Heat a large frying pan over a high heat. When the pan is hot, add the **corn** kernels and cook, tossing, until golden and lightly charred, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid or foil if the corn kernels are "popping" out.



5. Make the toppings

While the chilli is simmering, roughly chop the **coriander** and **tomato**. Zest the **lime** (**see ingredients list**) to get a **generous pinch** and cut into wedges. Add the **coriander**, **tomato**, **remaining chilli** (if using) and any **reserved onion** to the bowl with the **corn**. Add a **squeeze of lime juice**, season with **salt** and **pepper** and toss to combine. In a small bowl, combine the **Greek yoghurt** and **lime zest**. Season to taste with **salt** and **pepper**.



3. Get prepped

Grate the **carrot** (unpeeled). Finely chop the **red onion**. Finely chop the **long red chilli** (**see ingredients list**), if using. Drain and rinse the **black beans**.



6. Serve up

Divide the garlic rice and smokey bean chilli between bowls. Spoon over the corn salsa and top with a dollop of lime yoghurt. Serve with any remaining lime wedges.

Enjoy!