



AMERICAN BEEF & BEAN CHILLI RICE BOWL

with Cheddar & Charred Corn



Load up chilli with beans and carrot!



Basmati Rice



Brown Onion



Garlic



Tomato



Coriander



Carrot



Sweetcorn



Black Beans



Beef Mince



All-American Spice Blend



Chopped Tomatoes



Beef Stock



Shredded Cheddar Cheese



Greek Yoghurt

Hands-on: 10 mins
Ready in: 30 mins

Everyone loves a DIY dinner, and this loaded American chilli is the ultimate customisable bowl. Start with rice and a beef-bean chilli then start piling on the cheese, yoghurt, fresh tomato, herbs and charred corn. It's a great way to get everyone involved, plus it simply tastes delicious!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan 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 CHAR THE CORN

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Finely chop the **tomato**. Finely chop the **coriander**. Grate the **carrot** (unpeeled). Drain and rinse the **black beans**. Drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the corn kernels and cook until lightly charred, **4-5 minutes**. Transfer to a bowl. **TIP:** *Cover the pan with a lid if the kernels are "popping" out!*



3 COOK THE BEEF

Return the frying pan to a high heat with a **drizzle of olive oil**. Add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a wooden spoon, until browned, **3-4 minutes**. Add the **All-American spice blend** and cook until fragrant, **1 minute**.



4 ADD THE CARROT AND BEANS

Add the grated **carrot** and **black beans** to the pan and cook until softened, **2-3 minutes**.



5 ADD THE SAUCE

Add the **chopped tomatoes** and **water (for the sauce)** to the pan and crumble in **1 beef stock** cube. Reduce the heat to medium-high and cook until reduced and thickened, **3-4 minutes**.



6 SERVE UP

Divide the rice and American chilli between bowls. Top with the **shredded Cheddar cheese**, tomato, charred corn and **Greek yoghurt**. Garnish the adult portions with the coriander.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water* (for the rice)	3 cups
basmati rice	2 packets
brown onion	1
garlic	1 clove
tomato	2
coriander	1 bunch
carrot	1
black beans	1 tin
sweetcorn	1 tin (300 g)
beef mince	1 packet
All-American spice blend	2 sachets
chopped tomatoes	1 tin
water* (for the sauce)	¼ cup
beef stock	1 cube
shredded Cheddar cheese	1 packet (100 g)
Greek yoghurt	1 packet (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3440kJ (822Cal)	495kJ (118Cal)
Protein (g)	49.5g	7.1g
Fat, total (g)	24.1g	3.5g
- saturated (g)	10.4g	1.5g
Carbohydrate (g)	100g	14.4g
- sugars (g)	16.5g	2.4g
Sodium (g)	1290mg	186mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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Hello@HelloFresh.co.nz

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