



MEXICAN BEEF & BLACK BEAN CHILLI

with Cheddar Cheese & Corn Salsa



Add black beans to a chilli



Basmati Rice



Garlic



Tomato



Coriander



Lemon



Sweetcorn



Black Beans



Carrot



Beef Mince



Mexican Fiesta Spice Blend



Tomato Paste



Sour Cream



Shredded Cheddar Cheese



Hands-on: 20 mins

Ready in: 25 mins



Spicy (Mexican Fiesta spice blend)

Put your own stamp on this Mexican-style beef and black bean chilli by customising the spice level to suit your tastes. Pair it with an easy corn and tomato salsa, sour cream and lemon for a meal that's made to please.

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**
- **medium frying pan**



1 COOK THE BASMATI RICE

In a medium saucepan, add the **water (for the rice)** and bring 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 GET PREPPED

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Roughly chop the **tomato**. Roughly chop the **coriander**. Slice the **lemon (see ingredients list)** into wedges. Drain and rinse the **sweetcorn (see ingredients list)**. Drain and rinse the **black beans (see ingredients list)**. Grate the **carrot (unpeeled)**.



3 MAKE THE SALSA

In a small bowl, combine the **tomato**, **coriander** and **sweetcorn** with a **squeeze of lemon juice** and a **good drizzle of olive oil**. Season to taste with **salt** and **pepper** and mix well.



4 COOK THE BEEF

SPICY! *The spice blend is hot, use less if you're sensitive to heat.* When the rice has **10 minutes** cook time remaining, heat a **drizzle of olive oil** in a medium frying pan over a high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.



5 MAKE IT SAUCY

Add the **carrot**, **black beans**, **tomato paste (see ingredients list)** and **water (for the sauce)** to the frying pan and stir to combine. Reduce the heat to medium-high and simmer, stirring occasionally, until slightly thickened, **3-4 minutes**. Season to taste.



6 SERVE UP

Divide the basmati rice between bowls and top with the Mexican beef and black bean chilli. Add a dollop of **sour cream** and sprinkle with the **shredded Cheddar cheese**. Top with the corn salsa and serve with the remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
garlic	2 cloves	4 cloves
tomato	1	2
coriander	1 bunch	1 bunch
lemon	½	1
sweetcorn	½ tin (150g)	1 tin (300g)
black beans	½ tin (200g)	1 tin (400g)
carrot	1	2
beef mince	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	¾ tin	1½ tins
water* (for the sauce)	½ cup	1 cup
sour cream	1 packet (125g)	2 packets (250g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3530kJ (844Cal)	577kJ (138Cal)
Protein (g)	49.9g	8.2g
Fat, total (g)	29.7g	4.8g
- saturated (g)	15.7g	2.6g
Carbohydrate (g)	91.0g	14.9g
- sugars (g)	16.0g	2.6g
Sodium (g)	1460mg	239mg

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

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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