



Chipotle Beef & Black Bean Chilli

with Cheddar Cheese & Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Spring Onion



Sweetcorn



Black Beans



Zucchini



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Shredded Cheddar Cheese



Sour Cream

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Give beef chilli a fibre boost by adding black beans, and ramp up the flavour with fragrant spices and mild chipotle. Top it with an easy corn and tomato salsa, sour cream and Cheddar cheese for a meal that's sure to please.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
tomato	1	2
spring onion	2 stems	4 stems
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	½ tin	1 tin
zucchini	1	2
white wine vinegar*	drizzle	drizzle
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
mild chipotle sauce	1 tub (40g)	2 tubs (80g)
water* (for the sauce)	⅓ cup	⅔ cup
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4209kJ (1005Cal)	618kJ (147Cal)
Protein (g)	50.8g	7.5g
Fat, total (g)	45.8g	6.7g
- saturated (g)	23g	3.4g
Carbohydrate (g)	90.3g	13.3g
- sugars (g)	16.6g	2.4g
Sodium (mg)	1479mg	217mg

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.



Cook the basmati rice

Finely chop the **garlic**. In a medium saucepan, melt 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**, 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 has absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the beef

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, cook the **beef mince**, breaking up with a spoon, until browned, **4-5 minutes**. Add a drizzle of **olive oil**, the **Tex-Mex spice blend**, **tomato paste** and the remaining **garlic** and cook until fragrant, **1-2 minutes**.



Get prepped

While the rice is cooking, roughly chop the **tomato**. Thinly slice the **spring onion**. Drain the **sweetcorn**. Drain and rinse the **black beans** (see ingredients). Grate the **zucchini**.



Make it saucy

Reduce the heat to medium. Add the **zucchini**, **black beans**, **mild chipotle sauce** and **water (for the sauce)** and stir to combine. Simmer, stirring occasionally, until slightly thickened, **3-4 minutes**. Season to taste.



Make the salsa

In a small bowl, combine the **tomato**, **spring onion**, **sweetcorn**, **white wine vinegar** and a good drizzle of **olive oil**. Season to taste and stir to combine.



Serve up

Divide the garlic rice and chipotle beef and black bean chilli between bowls. Top with the corn salsa, **shredded Cheddar cheese** and **sour cream**.

Enjoy!