



# Mexican Black Bean Bowl

with DIY Tangy Guacamole

**FAMILY** 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

- Red Onion, chopped
- Black Beans
- Garlic
- Sweet Bell Pepper
- Sour Cream
- Roma Tomato
- Mexican Seasoning
- Vegetable Broth Concentrate
- Avocado
- Cilantro
- Lime
- Jasmine Rice

### HELLO AVOCADO

*The avocado is a climacteric fruit, meaning it matures on the tree but ripens off the tree*

# START HERE

Before starting, wash and dry all produce.

## Bust Out

Measuring Cups, Small Pot, Large Non-Stick Pan, Measuring Spoons, Small Bowl, Zester, Strainer, Garlic Press

## Ingredients

	2 Person	4 Person
Red Onion, chopped	56 g	113 g
Black Beans	370 ml	740 ml
Garlic	6 g	12 g
Sweet Bell Pepper	160 g	320 g
Sour Cream	3 tbsp	6 tbsp
Roma Tomato	160 g	320 g
Mexican Seasoning	2 tbsp	4 tbsp
Vegetable Broth Concentrate	1	2
Avocado	1	2
Cilantro	7 g	14 g
Lime	1	2
Jasmine Rice	¾ cup	1 ½ cup
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## 1. PREP

In a small pot, bring **1 ½ cups water** (dbl for 4 ppl) to a boil. Meanwhile, peel, then mince or grate **garlic**. Core, then cut **pepper** into ½-inch pieces. Cut **tomatoes** into ½-inch pieces. Peel, pit then cut **avocados** into bite-sized pieces. Drain and rinse **beans**. Zest, then juice **limes**.



## 4. COOK BEANS

Add **beans, broth concentrates, half the tomatoes, half the lime zest** and **¾ cups water** (dbl for 4 ppl) to **veggies**. Cook, stirring occasionally, until **beans and tomatoes** soften, 4-5 min. Season with **pepper**.



## 2. COOK RICE

Add **rice** to the **boiling water** and reduce heat to medium-low. Cover and cook, until **liquid** is absorbed, 12-14 min.



## 5. MAKE GUACAMOLE

Meanwhile, roughly chop **cilantro**. In a small bowl, using a fork, mash together **avocado, remaining lime zest** and **1 tbsp lime juice** (dbl for 4 ppl). Stir in **half the cilantro** and **remaining tomatoes**. Season with **salt** and **pepper**.



## 3. COOK VEGGIES

Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **onion and peppers**. Cook, stirring often, until tender-crisp, 2-3 min. Add **garlic** and **Mexican seasoning**. Cook, stirring often, until fragrant, 1 min.



## 6. FINISH AND SERVE

Fluff **rice** with a fork, then stir in **remaining cilantro** and season with **salt**. Divide **rice** and **black bean mixture** between bowls. Dollop with **tangy guacamole** and **sour cream**.

# Dinner Solved!