



Mexican Black Bean Fried Rice

with Cheddar Cheese & Tomato Salsa

Grab your Meal Kit with this symbol



Basmati Rice



Vegetable Stock



Garlic



Carrot



Capsicum



Spring Onion



Black Beans



Sweetcorn



Greek Yoghurt



Mild Chipotle Sauce



Tomato



Coriander



Lime



Mexican Fiesta Spice Blend



Shredded Cheddar Cheese

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

Naturally gluten-free
Not suitable for Coeliacs

Spicy (Mexican Fiesta spice blend)

You thought you knew fried rice, but then we made it Mexican! There's a variety of colourful veggies, classic Mexican spices and hearty black beans, topped off with cheese, salsa and yoghurt. You'll wonder why you didn't think of it first!

Pantry items

Olive Oil

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 · Large frying pan or wok

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
vegetable stock	1½ cubes	3 cubes
garlic	2 cloves	4 cloves
carrot	1	2
capsicum	1	2
spring onion	1 bunch	1 bunch
black beans	1 tin	2 tins
sweetcorn	1 tin (300g)	2 tins (600g)
Greek yoghurt	1 packet (100g)	1 packet (200g)
mild chipotle sauce	½ tub (20g)	1 tub (40g)
tomato	1	2
coriander	1 bag	1 bag
lime	1	2
Mexican Fiesta spice blend	1 sachet	2 sachets
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2910kJ (696Cal)	421kJ (101Cal)
Protein (g)	28.0g	4.0g
Fat, total (g)	15.5g	2.2g
- saturated (g)	7.7g	1.1g
Carbohydrate (g)	108g	15.7g
- sugars (g)	22.8g	3.3g
Sodium (g)	2430mg	351mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Start the rice

In a medium saucepan, bring the **water** and **basmati rice** to the boil over a high heat. Crumble in the **vegetable stock** (**1 1/2 cubes for 2 people / 3 cubes for 4 people**). Reduce the heat to medium and simmer, stirring occasionally, until the rice is almost tender, **10 minutes**. Drain and set aside.

TIP: *The rice will continue cooking in step 5!*



2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Finely chop the **carrot** (unpeeled) and **capsicum**. Thinly slice the **spring onion**. Drain and rinse the **black beans**. Drain the **sweetcorn**. In a small bowl, combine the **Greek yoghurt** and **mild chipotle sauce** (see ingredients list).



3. Make the tomato salsa

Roughly chop the **tomato** and **coriander**. Slice the **lime** into wedges. In a bowl, combine the **tomato**, **coriander** and a **squeeze** of **lime juice**. **Drizzle** with **olive oil** and toss to combine. Season to taste with **salt** and **pepper**.



4. Cook the veggies and beans

In a large frying pan or wok, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **carrot**, **capsicum** and **sweetcorn** and stir-fry until almost tender, **4-5 minutes**. Add the **black beans** and stir-fry until softened, **2-3 minutes**.



5. Add the rice

SPICY! *The spice blend is hot, use less if you're sensitive to heat.* Add the **garlic**, **Mexican fiesta spice blend** and another **drizzle** of **olive oil**. Cook, tossing, until fragrant, **1 minute**. Add the rice and cook, stirring, until tender, **2 minutes**. Stir through the **spring onion** and season to taste with **salt** and **pepper**.



6. Serve up

Divide the Mexican fried rice between bowls and sprinkle over the **shredded Cheddar cheese**. Top with a dollop of chipotle yoghurt and the tomato salsa. Serve with the remaining lime wedges.

Enjoy!