



# MEXICAN CHILLI SIN CARNE BOWL

with Avocado & Coriander



Master the brown rice absorption method



Brown Rice



Red Onion



Zucchini



Red Kidney Beans



Mild Mexican Spice Blend



Diced Tomatoes



Avocado



Coriander



Long Red Chilli (Optional)

Pantry Staples: Olive Oil, Water, Salt

Hands-on: 20 mins  
Ready in: 40 mins

Spicy (optional long red chilli)

We know bowls are a bit trendy right now, but this one is well deserving of its hip appearance. If you had Mexican relegated to junk food status, this nourishing version with fresh herbs and avocado is going to put it back on the menu for you!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve**, **chef's knife**, **chopping board**, **medium saucepan** with a lid, **box grater**, **medium frying pan** and a **wooden spoon**.



### 1 COOK BROWN RICE

Rinse the **brown rice** well. Place the rice and the **water (check ingredients list for the amount)** in a medium saucepan and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes**, or until the rice is soft and the water is absorbed. **TIP:** *The absorption method is the best way to retain the nutrients in the rice!*



### 2 GET PREPPED

While the rice is cooking, finely chop the **red onion**. Grate the **zucchini** and squeeze out any excess moisture with your hands. **TIP:** *Squeezing the moisture will stop the sauce from becoming watery in step 4.* Drain and rinse the **red kidney beans**. Deseed and finely chop the **long red chilli (if using)**. **TIP:** *Make sure you remove the seeds and white pith when deseeding the chilli. The pith is actually the hottest part! If you like heat, leave it in for an extra kick.*



### 3 COOK THE VEGETABLES

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3-4 minutes**, or until soft. Add the **zucchini** and cook for a further **2 minutes**.



### 4 ADD THE FLAVOUR OF MEXICO

Add the **mild Mexican spice blend** and the **long red chilli (if using)** to the pan with the onion and cook for **1 minute**, or until fragrant.. **TIP:** *Some like it hot but if you don't, just hold back on the chilli.* Stir through the **red kidney beans**, **diced tomatoes** and **salt (use suggested amount)** and reduce the heat to medium-low. Simmer for **10 minutes**, or until the sauce has thickened slightly.



### 5 PREP THE TOPPINGS

Peel the **avocado** and dice into cubes. Pick the **coriander** leaves.



### 6 SERVE UP

Divide the brown rice and Mexican chilli between bowls and top with the avocado. Sprinkle over the coriander.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown rice	1 packet (¾ cup)	2 packets (1½ cups)
water*	1 ½ cups	3 cups
red onion	½	1
zucchini	1	2
red kidney beans	1 tin (400 g)	2 tins (800 g)
long red chilli (optional)	1	2
mild Mexican spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
diced tomatoes	1 tin (400 g)	2 tins (800 g)
salt*	½ tsp	1 tsp
avocado	1	2
coriander	1 bunch	1 bunch

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2640kJ (630Cal)	312kJ (75Cal)
Protein (g)	18.3g	2.2g
Fat, total (g)	24.2g	2.9g
saturated (g)	4.3g	0.5g
Carbohydrate (g)	76.3g	9.0g
sugars (g)	11.3g	1.3g
Sodium (mg)	163mg	19mg

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Hello@HelloFresh.com.au

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