

Spiced Black Bean & Veggie Fajita Bowl

with Cheddar, Tomato Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Capsicum



Brown Onion



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Coriander



Shredded Cheddar Cheese



Tomato Salsa



Light Sour Cream



Beef Mince

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**

Spicy (Mexican Fiesta spice blend)

Naturally Gluten-Free
Not suitable for coeliacs

This colourful fajita bowl is wonderfully hearty, and bursting with all the best flavours and textures. From the cumin, paprika and chilli-spiced black beans, to the subtly sweet veggies and rich garlic rice, you can't go wrong here.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

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 with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	40g	80g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
capsicum	1	2
brown onion	½	1
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
coriander	1 bag	1 bag
shredded Cheddar cheese	1 medium packet	1 large packet
tomato salsa	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3843kJ (918Cal)	608kJ (145Cal)
Protein (g)	28.3g	4.5g
Fat, total (g)	40.6g	6.4g
- saturated (g)	22.2g	3.5g
Carbohydrate (g)	100g	15.8g
- sugars (g)	20.8g	3.3g
Sodium (mg)	1658mg	262mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4754kJ (1136Cal)	628kJ (150Cal)
Protein (g)	56.4g	7.4g
Fat, total (g)	52.3g	6.9g
- saturated (g)	27.4g	3.6g
Carbohydrate (g)	100g	13.2g
- sugars (g)	20.8g	2.7g
Sodium (mg)	1736mg	229mg

The quantities provided above are averages only.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt 1/2 the **butter** with a drizzle of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. 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!



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **capsicum**, **corn** and **onion**, tossing, until softened and browned, **5-6 minutes**. Season with **salt** and **pepper**.



Get prepped

While the rice is cooking, slice the **capsicum** into thin strips. Thinly slice the **brown onion** (see ingredients). Drain the **sweetcorn**.



Prep the garnish

Roughly chop the **coriander**.



Cook the black beans

SPICY! You may find the spice blend hot! Add less if you're sensitive to heat. Drain and rinse the **black beans**. In a medium frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **beans**, stirring occasionally, until blistered, **3-4 minutes**. Add the **Mexican Fiesta spice blend**, **tomato paste**, **brown sugar** and remaining **butter** and cook, stirring, until fragrant, **1 minute**. Add a splash of **water** and cook until thickened, **1 minute**. Transfer to a bowl. Cover to keep warm.

CUSTOM RECIPE

If you've added beef mince, use only 1/2 the beans. Before cooking the beans, cook the beef mince, breaking up with a spoon, until just browned, 3-4 minutes. Continue as above.



Serve up

Divide the garlic rice between bowls. Top with the spiced black beans, veggies and **shredded Cheddar cheese**. Dollop over the **tomato salsa** and **light sour cream**. Garnish with the coriander to serve.

Enjoy!

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