



Warm Mexican Bean Bowl with Tangy Guacamole

VEGGIE 30 Minutes



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 Strong

Before starting, wash and dry all produce.

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.

Bust Out

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

Ingredients

	2 Person	4 Person
Red Onion, chopped	56 g	113 g
Black Beans	1 can	2 can
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.

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1. PREP

Bring **1 ½ cups water** (2 ½ cups for 4 ppl) to a boil in a medium pot. Core, then cut **pepper** into ½-inch pieces. Cut **tomatoes** into ½-inch pieces. Peel, pit then cut **avocado** into ½-inch pieces. Drain and rinse **beans**. Zest, then juice **lime**. Roughly chop **cilantro**. Peel, then mince or grate **garlic**.



4. COOK BEANS

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



2. COOK RICE

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5. MAKE GUACAMOLE

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



3. COOK VEGGIES

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onion** and **pepper**. 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, 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!