



# Warm Mexican-Style Bean Bowl with Tangy Guacamole

Veggie 30 Minutes



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

Medium bowl, colander, measuring spoons, zester, medium pot, measuring cups, large non-stick pan

### Ingredients

	2 Person	4 Person
Red Onion	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
Cilantro	7 g	14 g
Lime	1	1
Avocado	1	2
Parboiled Rice	¾ cup	1 ½ cups
Oil*		
Salt and Pepper*		

\* Pantry items

### Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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### Prep

Core, then cut **pepper** into ½-inch pieces. Cut **tomatoes** into ½-inch pieces. Peel, pit, then scoop the **avocado** into a medium bowl. Set aside. Drain and rinse **beans**. Zest, then juice **lime**. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).



### Cook beans

Add **beans, broth concentrate, half the tomatoes, half the lime zest** and ¼ cup **water** (dbl for 4 ppl) to the **veggies**. Cook, stirring occasionally, until softened, 4-5 min. Season with **pepper**.



### Cook rice

Bring **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat. Set aside, still covered.



### Make tangy guacamole

Using a fork, mash together **avocado** in the medium bowl with **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**, then stir to combine.



### 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 **onions** and **peppers**. Cook, stirring often, until **peppers** are tender-crisp, 2-3 min. Add **garlic** and **Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min.



### 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!