



Everything
But The Chef

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Family Mexican Chilli Con Carne Bowl

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! The kids will love this warming bowl, packed with veggies but full of flavour!

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 1

lactose free

gluten free

nut free

spicy

Pantry Items

Water

Olive Oil

Red Wine Vinegar

Sugar



Brown Rice



Brown Onion



Mexican Beef Mince



Red Kidney Beans



Zucchini



Diced Tomatoes



Avocado



Coriander

Qty	Ingredients
1 ½ cups	brown rice
3 cups	water *
2 tsp	olive oil *
1	brown onion, finely chopped
500 g	Mexican beef mince
1 tin	red kidney beans, drained & rinsed
2 tins	diced tomatoes
2	zucchini, grated
1 tbs	red wine vinegar *
2 tsp	sugar *
1	avocado, diced A
1 bunch	coriander, leaves picked

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	2840	Kj
Protein	41.6	g
Fat, total	26.9	g
-saturated	8.2	g
Carbohydrate	61	g
-sugars	9.8	g
Sodium	641	mg

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You will need: *chef's knife, chopping board, sieve, grater, medium pot with a lid, medium frying pan.*

1 Place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and **water** in a medium pot 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.

2 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **Mexican beef mince** and cook, breaking up with a wooden spoon, for **2-3 minutes** or until browned. Add the **red kidney beans, diced tomatoes, grated zucchini, red wine vinegar** and **sugar**. Bring to the boil. Reduce the heat to medium-low and simmer for **5-10 minutes** or until the sauce has thickened.

3 Divide the brown rice and Mexican chilli between bowls. Top with the **avocado** and fresh **coriander leaves**.

2a



2b



2c



Did you know? Avocados contain more potassium than bananas!