

RECIPE BAG
6610

2 people: 40 min
4 people: 50 min

Beef & Smoky Black Bean Burrito Bowl

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Ingredients for 2 **[Double for 4 people]**:

- | | |
|---|---|
|  1 tomato |  1 lime |
|  1 little gem lettuce |  1 garlic clove |
|  40g cheddar cheese A7 |  2 tsp smoked paprika |
|  1 tsp ground cumin |  5g coriander |
|  250g British beef mince |  400g canned black beans |
|  80g natural yoghurt A7 |  100g basmati rice |
|  20g chipotle paste |  5.5g beef stock mix |

Allergens: **A7**: milk

You need: olive oil, pepper, salt
Special equipment: none

Remember to wash your fresh fruit, herbs and vegetables!
See your delivery email for use-by dates and other details.

Nutritional info
(per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
694kcal	28g	14g	61g
Sugar	Fibre	Protein	Salt
8g	4g	46g	1g



2 of your 5-a-day



Gluten-free
Suitable for coeliacs.



1

Instructions for 2 [for 4]

Add the **basmati rice** and **250ml [500ml]** **cold water** to a pot with a lid and bring to the boil over a high heat

Once boiling, reduce the heat to very low and cook, covered, for 10-12 min or until all the water has absorbed and the rice is cooked

Once cooked, remove from the heat and keep covered until serving



2

Meanwhile, dice the **tomato[es]**

Wash the **little gem lettuce**, then pat it dry with **kitchen paper** and shred

Peel and finely chop (or grate) the **garlic**



3

Heat a large, wide-based pan (preferably non-stick) with a drizzle of **olive oil** over a high heat

Once very hot, add the **beef mince** and cook for 7-8 min or until crispy, breaking it up with a wooden spoon as you go

Once crispy, add the **ground cumin** and cook for 2 min further – this is your **crispy cumin beef**



4

Meanwhile, boil half a kettle

Grate the **cheddar cheese**

Cut the **lime[s]** in half

Add the **natural yoghurt** to a bowl with the **chipotle paste** (can't handle the heat? Go easy!) and give it a good mix up – this is your **chipotle yoghurt**



5

Transfer the **crispy cumin beef** to a plate and set aside

Drain and rinse the **black beans**

Return the pan (and any oil) to a medium heat

Once hot, add the **drained black beans**, **smoked paprika** and **chopped garlic** and cook for 1-2 min or until fragrant – these are your **smoky beans**



6

Meanwhile, dissolve the **beef stock mix** in **150ml [250ml]** **boiled water**

Add the **beef stock** and the juice of **1/2 [1]** **lime** to the pan and cook for 3-4 min further

Remove the **smoky beans** from the heat and mash into a semi-smooth paste – these are your **smoky refried beans**



7

Combine the juice of the **remaining lime** with **1 tbsp [2 tbsp]** **olive oil** in a bowl

Season with a pinch of **salt** and **pepper**

Add the **shredded lettuce** and **diced tomato** to the bowl and give it a good mix up – this is your **chopped salad**

Chop the **coriander leaves** roughly



8

To assemble your burrito bowl, top the **cooked rice** with the **crispy cumin beef** and serve the **chopped salad** and **refried smoky beans** to the side

Drizzle over the **chipotle yoghurt**, sprinkle the **grated cheddar cheese** and garnish with the **chopped coriander**

Enjoy!