



Quick Tex-Mex Beef & Black Bean Chilli

with Cheddar Cheese & Corn Salsa

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Tomato



Spring Onion



Sweetcorn



Black Beans



Capsicum



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle
Sauce



Sour Cream



Shredded Cheddar
Cheese

Hands-on: 20-30 mins
 Ready in: 25-35 mins
 Naturally Gluten-Free
Not suitable for coeliacs

Pack tonight's beef chilli with loads of black beans, and then ramp up the flavour with fragrant spices and mild chipotle. Top it with an easy corn and tomato salsa, sour cream and Cheddar cheese for a meal that's sure to please.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
tomato	1	2
spring onion	2 stems	4 stems
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	½ tin	1 tin
capsicum	1	2
white wine vinegar*	drizzle	drizzle
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
mild chipotle sauce	1 packet	2 packets
water* (for the sauce)	½ cup	¾ cup
sour cream	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4249kJ (1015Cal)	645kJ (154Cal)
Protein (g)	51.1g	7.8g
Fat, total (g)	46g	7g
- saturated (g)	23.5g	3.6g
Carbohydrate (g)	91.9g	13.9g
- sugars (g)	18.6g	2.8g
Sodium (mg)	1497mg	227mg

The quantities provided above are averages only.

Allergens

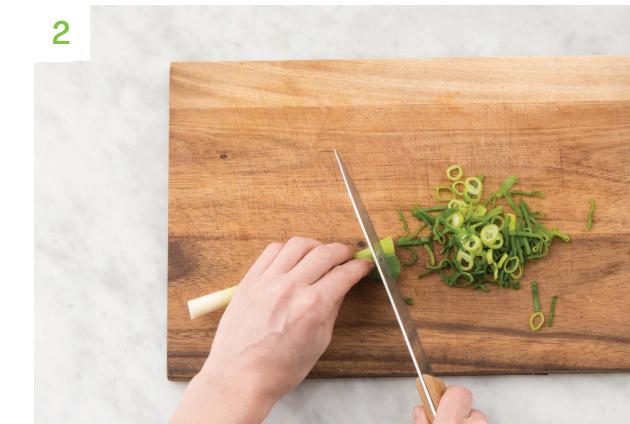
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



2



Cook the garlic rice

- Finely chop **garlic**. In a medium saucepan, melt **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **beef mince**, breaking up with spoon, until browned, **4-5 minutes**.
- Add a drizzle of **olive oil**, **Tex-Mex spice blend** (add less if you're sensitive to heat), **tomato paste** and remaining **garlic** and cook until fragrant, **1-2 minutes**. Reduce the heat to medium.
- Add **capsicum**, **black beans**, **mild chipotle sauce** (add less if you're sensitive to heat) and **water (for the sauce)** and stir to combine.
- Simmer, stirring occasionally, until slightly thickened, **3-4 minutes**. Season.

4



Serve up

- Divide garlic rice between bowls and top with Tex-Mex beef and black bean chili.
- Top with **sour cream** and sprinkle with the **shredded Cheddar cheese**. Serve with the corn salsa.

Enjoy!