



Butternut Squash and Refried Bean Burrito Bowl with Soured Cream and Cheese

Rapid 20 Minutes • Mild Spice • 4 of your 5 a day

17



Bell Pepper



Diced Butternut Squash



Mexican Style Spice Mix



Black Beans



Garlic Clove



Basmati Rice



Tomato Puree



Vegetable Stock Paste



Mature Cheddar Cheese



Soured Cream



Diced Chorizo

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, saucepan, sieve, lid, bowl, garlic press and grater.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Diced Butternut Squash**	300g	450g	600g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Basmati Rice	100g	150g	200g
Tomato Puree	30g	45g	60g
Vegetable Stock Paste (10)	10g	15g	20g
Mature Cheddar Cheese** (7)	30g	40g	60g
Soured Cream** (7)	75g	120g	150g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Beans*	100ml	150ml	200ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	463g	100g	508g	100g
Energy (kJ/kcal)	2274 /543	492 /118	3102 /741	611 /146
Fat (g)	15.2	3.3	31.5	6.2
Sat. Fat (g)	8.0	1.7	14.1	2.8
Carbohydrate (g)	79.1	17.1	80.5	15.9
Sugars (g)	14.5	3.1	14.8	2.9
Protein (g)	21.7	4.7	33.0	6.5
Salt (g)	2.41	0.52	4.99	0.98

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk (10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a half-full kettle.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Pop the **sliced pepper** and **diced butternut squash** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **Mexican style spice mix**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden and tender, 15-18 mins.



Simmer your Refried Beans

- Once fragrant, stir the **water for the beans** (see pantry for amount), **veg stock paste** and **black beans** (whole and crushed) into the **garlic mixture**.
- Bring to the boil, then reduce the heat to medium and simmer until the **sauce** has thickened, 6-8 mins.



Rice Time

- Meanwhile, pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Say Cheese

- While the **beans** simmer, grate the **cheese**.
- Once the **beans** are ready, taste and add **salt** and **pepper** if needed. Add a splash of **water** if they're a little too dry.



Finish the Prep

- While everything cooks, drain and rinse the **black beans** in a sieve. Put **half** into a bowl and mash with the back of a fork.
- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- Once hot, add the **garlic**, **tomato puree** and remaining **Mexican style spice mix**. Stir-fry for 30 secs, until fragrant.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan before the **garlic** and fry until it starts to brown, 4-5 mins, then add the **garlic** and the other ingredients and continue as instructed.



Serve

- When ready, fluff up the **rice** with a fork and share between your bowls.
- Top with the **refried beans** and **roasted veg**.
- Add a dollop of **soured cream**, then scatter over the **grated cheese**.

Enjoy!