



Chipotle Sweetcorn and Black Bean Rice Bowl

with Cheese and Tomato Salsa

17

Quick 20 Minutes • **Medium Spice** • 5 of your 5 a day



Basmati Rice



Garlic Clove



Lime



Medium Tomato



Black Beans



Vegetable Stock Paste



Chipotle Paste



Tomato Passata



Mature Cheddar Cheese



Sweetcorn



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Honey

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. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, sieve, lid, garlic press, bowl, potato masher and grater.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	½	1	1
Medium Tomato	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7	60g	90g	120g
Sweetcorn	160g	272g	340g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	609g	100g	654g	100g
Energy (kJ/kcal)	2965 / 709	487 / 116	3793 / 907	580 / 139
Fat (g)	19.8	3.3	36.1	5.5
Sat. Fat (g)	8.2	1.4	14.3	2.2
Carbohydrate (g)	106.2	17.5	107.6	16.5
Sugars (g)	22.1	3.6	22.3	3.4
Protein (g)	27.9	4.6	39.2	6.0
Salt (g)	3.03	0.50	5.62	0.86


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, cereals containing 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.

 You can recycle me!

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** from your kettle 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.



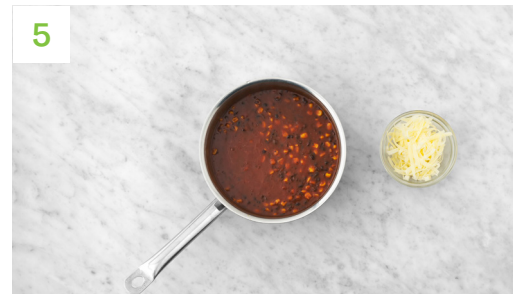
Bring on the Beans

- Stir in the **black beans**, **veg stock paste**, **chipotle paste** (add less if you prefer things milder), **passata**, **honey** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.
- Lightly crush **half** the **beans** in the pan using a potato masher, then lower the heat and simmer until thickened, 3-4 mins.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges (see ingredients for amount). Cut the **tomatoes** into 1cm chunks.
- Drain and rinse the **black beans** in a sieve.



Add the Sweetcorn

- Meanwhile, grate the **cheese**. Drain the **sweetcorn**.
- Stir the **sweetcorn** through the **bean mixture** until piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.

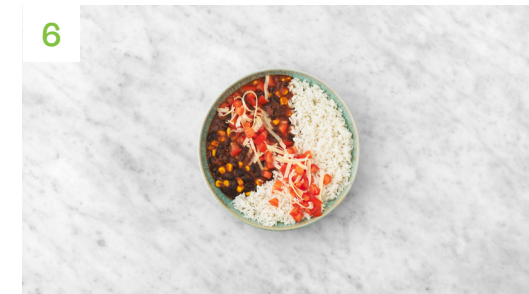


Mix the Salsa

- In a medium bowl, combine some **lime juice** from a **lime wedge**, **sugar** and **olive oil for the salsa** (see pantry for both amounts). Season with **salt** and **pepper**.
- Add the **tomato chunks** to the **lime dressing**. Toss to combine and set aside.
- Pop a large saucepan on medium-high heat with a drizzle of **oil**. Once hot, add the **garlic** and stir-fry for 1 min.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan before the **garlic**. Fry until it starts to brown, 3-4 mins, then continue as instructed.



Assemble and Serve

- Fluff up the **rice** with a fork and share between your bowls.
- Spoon over the **corn** and **black bean mixture**. Sprinkle over the **cheese**.
- Top with the **tomato salsa**.

Enjoy!