



Warm Mexican-Style Bean Bowls

with Tangy Guacamole

Veggie

30 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set. Happy cooking!



Red Onion



Black Beans



Sweet Bell Pepper



Enchilada Spice Blend



Cilantro



Guacamole



Shrimp



Garlic, cloves



Sour Cream



Vegetable Broth Concentrate



Lime



Parboiled Rice

HELLO ENCHILADA SPICE BLEND

This savoury blend combines warming spices with aromatic onion and garlic!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, zester, medium pot, measuring cups, large non-stick pan

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Red Onion | 56 g | 113 g |
| Shrimp | 285 g | 570 g |
| Black Beans | 370 ml | 740 ml |
| Garlic, cloves | 2 | 4 |
| Sweet Bell Pepper | 320 g | 640 g |
| Sour Cream | 3 tbsp | 6 tbsp |
| Enchilada Spice Blend | 1 tbsp | 2 tbsp |
| Vegetable Broth Concentrate | 1 | 2 |
| Cilantro | 7 g | 14 g |
| Lime | 1 | 1 |
| Guacamole | 3 tbsp | 6 tbsp |
| Parboiled Rice | ¾ cup | 1 ½ cups |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Core, then cut **peppers** into ½-inch pieces.
- Drain and rinse **beans**.
- Zest **lime**, then cut into wedges.
- Peel, then mince or grate **garlic**.
- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Roughly chop **cilantro**.

If you've opted to add **shrimp**, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.



Cook beans

- Add **beans, broth concentrate, half the lime zest** and **¼ cup water** (dbl for 4 ppl) to the pan with **veggies**. Cook, stirring occasionally, until **beans** softened, 4-5 min.
- Season with **salt** and **pepper**, to taste.



Cook rice

- Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

Heat a large non-stick pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat. Transfer **shrimp** to a plate, then cover to keep warm. Use the same pan to cook **veggies** in step 3.



Finish and serve

- Fluff **rice** with a fork, then stir in **half the cilantro** and **remaining lime zest**. Season with **salt**, to taste.
- Divide **rice** and **black bean mixture** between bowls.
- Dollop **guacamole** and **sour cream** over top. Sprinkle with **remaining cilantro**.
- Squeeze a **lime wedge** over top, if desired.

Top final bowls with **shrimp**.

Dinner Solved!



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring often, until **peppers** are tender-crisp, 2-3 min.
- Add **garlic** and **Enchilada Spice Blend**. Cook, stirring often, until fragrant, 1 min.