



# BLACK BEAN FAJITA BOWL

with Avocado & Lime Yoghurt



Make a  
lime yoghurt



Garlic



Basmati Rice



Red Capsicum



Brown Onion



Coriander



Avocado



Black Beans



Mexican Fiesta  
Spice Blend



Lime



Greek Yoghurt



Shredded Cheddar  
Cheese

Hands-on: **30 mins**  
Ready in: **35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Spicy (Mexican  
Fiesta spice blend)

This fajita bowl is wonderfully hearty and filling with a delicious range of different flavours and textures. From the protein packed black beans, to the colourful herbs and veggies – it's all coming up round, rosy & ultimately Mexican!

**Pantry Staples:** Olive Oil, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



### 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, heat the **butter** and a **dash of olive oil** over a medium heat. Add the garlic and cook for **1-2 minutes**, or until fragrant. Add the **basmati rice**, **water** and **salt** 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 for **10 minutes**, or until the rice is tender and the water is absorbed.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### 4 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **red capsicum** and **brown onion**. Cook, tossing, for **5-6 minutes** or until softened and browned. Season with a **pinch** of **salt** and **pepper**.



### 2 GET PREPPED

While the rice is cooking, slice the **red capsicum** into 1cm strips. Slice the **brown onion** (see ingredients list) into 0.5cm wedges. Roughly chop the **coriander**. Dice the **avocado**. **TIP:** Cut the avocado into cubes while the flesh is still in the skin, then scoop the cubed flesh out with a spoon.



### 5 MAKE THE LIME YOGHURT

Zest the **lime** to get a pinch. In a small bowl, combine the zest and **Greek yoghurt**. Season with a **pinch** of **salt** and **pepper** and mix to combine. Slice the lime into wedges. **TIP:** Taste the yoghurt mixture and add more zest or a little juice if you like!



### 3 COOK THE BLACK BEANS

Drain and rinse the **black beans**. In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the black beans and **Mexican Fiesta spice blend** and cook, stirring occasionally, for **4-5 minutes** or they look blistered. Transfer to a bowl.

**SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste.



### 6 SERVE UP

Divide the garlic rice between bowls and top with the spiced black beans, capsicum, onion and **shredded Cheddar cheese**. Serve with the avocado, coriander, lime yoghurt and lime wedges.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20 g	40 g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
red capsicum	1	2
brown onion	½	1
coriander	1 bunch	1 bunch
avocado	1	2
black beans	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	2 sachets
lime	1	2
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3640kJ (869Cal)	609kJ (146Cal)
Protein (g)	30.0g	5.0g
Fat, total (g)	38.3g	6.4g
- saturated (g)	16.3g	2.7g
Carbohydrate (g)	106g	17.7g
- sugars (g)	13.3g	2.2g
Sodium (g)	1780mg	298mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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