



# Mexican Spiced Black Beans

with chipotle aioli and BBQ sauce

Veggie Quick Cook 20-25 mins • Spicy

8



Black Beans



Bell Pepper



Vegetable Stock



Mexican Style Spice Mix



Chipotle Paste



Grated Cheese



Tomato Paste



BBQ Sauce



Rice



Scallion



Aioli



Shallot

Pantry Items: Oil, Salt, Pepper, Water, Sugar, Butter



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pan with lid, pot with lid, sieve

## Ingredients

	2P	4P
Black Beans	1 pack	2 packs
Bell Pepper	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Mexican Style Spice Mix	2 sachets	4 sachets
Chipotle Paste	2 sachets	4 sachets
Grated Cheese	50 g	100 g
Tomato Paste	1 tin	2 tins
BBQ Sauce	2 sachets	4 sachets
Rice	150 g	300 g
Scallion	2 units	4 units
Aioli	1 sachet	2 sachets
Shallot	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	524 g	100 g
Energy (kJ/kcal)	3443 kJ/ 823 kcal	657 kJ/ 157 kcal
Fat (g)	27.7 g	5.3 g
Sat. Fat (g)	7.7 g	1.4 g
Carbohydrate (g)	103.7 g	19.8 g
Sugars (g)	20.8 g	3.9 g
Protein (g)	26.9 g	5 g
Salt (g)	3.6 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.  
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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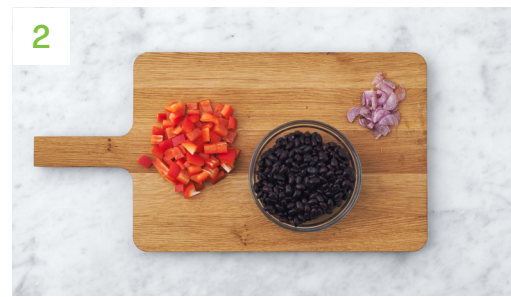
### Boil the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Make the Chipotle Aioli

- Meanwhile, trim and thinly slice the **scallion**.
- In a small bowl mix **half** the **chipotle paste** with the **aioli**.



### Get Prepped

- Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Halve, peel and thinly slice the **shallot**.
- Drain and rinse the **black beans** in a sieve.



### Melt the Cheese

- Once the **pepper** has softened, remove the pan from the heat.
- Mix in the remaining **chipotle paste** and a knob of **butter**.
- Add a splash of **water** if you feel the sauce needs loosening. Season to taste with **salt**, **pepper** and **sugar**.
- Scatter over the **cheese** and keep the pan covered for 1-2 mins to allow the **cheese** to melt.



### Soften the Shallot

- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **shallot** and **bell pepper**. Cook until softened, 4-5 mins.
- Pop in the **Mexican spice mix** and fry for 1 min more.
- Next add the **tomato paste**, **beans**, **vegetable stock powder**, ½ tsp **sugar** and 100ml **water** (double both for 4p).
- Cover and simmer for 4-5 mins.



### Finish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with cheesy Mexican spiced veg.
- Drizzle over the chipotle **aioli** and **BBQ sauce**.
- Finish with a scattering of sliced **scallion**.

Enjoy!