Chipotle Black Bean Burrito Bowl

with avocado and pico de gallo

Veggie 25-30 mins • Spicy

10

Rice

Black Beans

Chipotle Paste

Avocado

Onion

Tomato

Lime

Coriander

Chilli

Sweetcorn

Pantry Items: Salt, Pepper, Water, Oil

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

Pot with lid, sieve, zester

Ingredients

	2P	4P
Rice	150 g	300 g
Black Beans	1 pack	2 packs
Chipotle Paste	2 sachets	4 sachets
Avocado	1 unit	2 units
Onion	1 unit	2 units
Tomato	1 unit	2 units
Lime	1 unit	2 units
Coriander	5 g	10 g
Chilli	1 unit	2 units
Sweetcorn	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	**608 g**	**100 g**
Energy (kJ/kcal)	3104.5 kJ/ 742 kcal	510.6 kJ/ 122 kcal
Fat (g)	19.3 g	3.2 g
Sat. Fat (g)	3 g	0.5 g
Carbohydrate (g)	113.1 g	18.6 g
Sugars (g)	15.1 g	2.5 g
Protein (g)	20.8 g	3.4 g
Salt (g)	1.9 g	0.3 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.

Contact

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1

Cook 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 and cover with the lid.
- Cook for 10 mins then remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

2

Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Roughly chop the **coriander** (stalks and all).
- Cut the **tomato** into 1cm chunks. Zest and quarter the **lime**.
- Drain and rinse the **black beans** and **sweetcorn** (keep separate).
- Halve the **chilli** and discard the core and seeds. Finely chop.

3

Soften the Veg

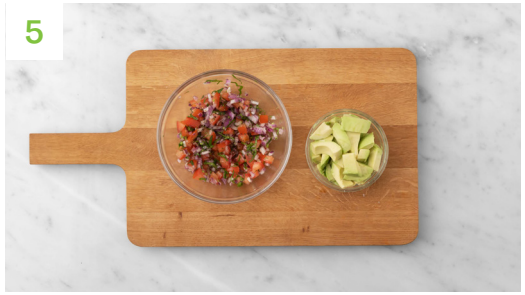
- Place a pan over medium heat with a drizzle of **oil**.
- Once hot, add the **sweetcorn**, **chilli** (use less if you don't like spice) and **half** the chopped **onion**.
- Fry until softened, 5-6 mins. Season with **salt** and **pepper**.

4

Mash the Beans

- Meanwhile, mash **half** the **beans** with a fork.
- Once the veg is softened, add the **chipotle paste** to the pan along with the whole and mashed **beans**.
- Add a splash of **water** and cook for 2-3 mins more.
- Season to taste with **salt** and **pepper**.

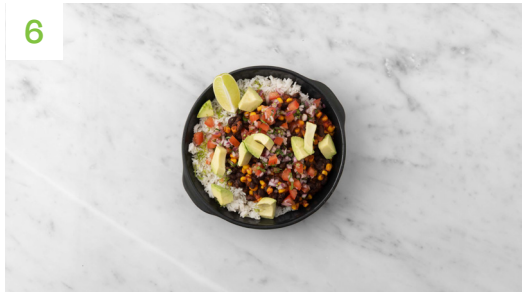
5



Make the Pico de Gallo

- To make your pico de gallo, mix the **tomato**, **coriander** and remaining chopped **onion** together in a bowl.
- Season to taste with **salt**, **pepper** and as much **lime** juice as you like.
- Halve the **avocado** and remove the pit. Cut into chunks (while still in its skin), then use a tablespoon to scoop out the flesh.
- Stir the **lime** zest into the cooked **rice**, fluffing it up as you go. Season to taste with **salt** and **pepper**.

6



Garnish and Serve

- Divide your **lime rice** between bowls.
- Top with spoonfuls of the chipotle **bean** mixture, **avocado** chunks and pico de gallo.
- Finish with a squeeze of **lime** juice.
- Serve with any remaining **lime** wedges alongside.

Enjoy!