



Cuban-Style Black Bean Bowls

with Peppers and Cilantro-Lime Rice

Veggie 30 Minutes



- Black Beans
- Basmati Rice
- Vegetable Broth Concentrate
- Green Bell Pepper
- Sweet Bell Pepper
- Onion, chopped
- Garlic, cloves
- Cilantro
- Lime
- Enchilada Spice Blend
- Feta Cheese, crumbled
- Sour Cream

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

Measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Basmati Rice	¾ cup	1 ½ cups
Vegetable Broth Concentrate	1	2
Green Bell Pepper	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Onion, chopped	113 g	227 g
Garlic, cloves	4	8
Cilantro	7 g	14 g
Lime	1	1
Enchilada Spice Blend	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		

Salt and Pepper*

* Pantry items

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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Cook rice

Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Add **rice** to the **boiling water**. 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.



Cook beans

Add **beans**, including **liquid, broth concentrate** and **½ cup water** (dbl for 4 ppl) to the pan with **soffrito**. Bring to a gentle boil and cook, stirring occasionally, until **sauce** thickens slightly, 5-7 min. Season with **salt** and **pepper**, to taste.



Prep

While **water** comes to a boil, core, then cut **peppers** into ½-inch pieces. Peel, then mince or grate **garlic**.



Make lime crema

While **beans** cook, zest, then juice **half the lime**. Cut **remaining lime** into wedges. Roughly chop **cilantro**. Add **sour cream, half the lime zest, 1 tsp lime juice** and **¼ tsp sugar** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook soffrito

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Reduce heat to medium, then add **garlic** and **Enchilada Spice Blend**. Cook, stirring often, until fragrant, 30 sec.



Finish and serve

Fluff **rice** with a fork, then stir in **remaining lime zest** and **half the cilantro**. Divide **rice** between bowls. Top with **beans and veggies**. Sprinkle **feta** and **remaining cilantro** over top. Squeeze over a **lime wedge**, if desired.

Dinner Solved!