



# Tex-Mex Black Bean Casserole

with Pico de Gallo

Veggie

Spicy

45 Minutes



Black Beans



Avocado



Basmati Rice



Baby Tomatoes



Cilantro



Vegetable Broth Concentrate



Poblano Pepper



Mexican Seasoning



Lime



Sweet Bell Pepper



Crushed Tomatoes with Garlic and Onion



Onion, chopped

HELLO MEXICAN SEASONING

Smoky, sweet and spicy combined for the perfect Tex Mex flavour!

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Zester, medium pot, small bowl, measuring cups, 8x8-inch baking dish, measuring spoons, strainer

## Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Avocado	1	2
Basmati Rice	¾ cup	1½ cups
Baby Tomatoes	113 g	227 g
Cilantro	7 g	14 g
Vegetable Broth Concentrate	1	2
Poblano Pepper 🌶️	160 g	320 g
Mexican Seasoning	2 tbsp	4 tbsp
Lime	1	2
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Onion, chopped	56 g	113 g
Sugar*	1 tsp	2 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

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



### Prep broth

Heat a medium pot over medium heat. When hot, add **crushed tomatoes, broth concentrate, rice, Mexican Seasoning, 2 tbsp oil** and **1 ¼ cups water** (dbl both for 4 ppl). Season with **salt, pepper** and **1 tsp sugar** (dbl for 4 ppl), then stir to combine. Bring to a simmer, then remove from heat.



### Prep

While **broth** comes to a simmer, drain, then rinse **black beans**. Core, then cut **peppers** and **poblanos** into ¼-inch pieces (**TIP:** We suggest using gloves when prepping poblanos!) Halve **tomatoes**. Zest, then juice **lime**. Roughly chop **cilantro**.



### Start casserole

Add **peppers, poblanos** and **black beans** to an 8x8-inch baking dish (9x13-inch for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



### Bake casserole

Add **broth** to baking dish, then stir to combine. Bake in the **middle** of the oven, stirring halfway through, until **rice** is tender and **liquid** is absorbed, 25-28 min.



### Make pico de gallo

While **casserole** bakes, peel, pit then cut **avocado** into ¼-inch pieces. Add **avocados, tomatoes, onions, lime juice, lime zest** and **1 tbsp oil** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then toss to combine.



### Finish and serve

Let **casserole** sit, 2-3 min. Divide **casserole** between plates. Top with **pico de gallo**. Sprinkle over **cilantro**.

## Dinner Solved!