

# Re-fried Bean Burrito Bowl

with Avocado

hellóchef

Skip the pulled chicken and enjoy this plant-based, deconstructed burrito in a bowl!

Cals 986 • Prot 29 • Carbs 169 • Fat 31

Vegan

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🕒 cook: 30 min

R2727

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Re-fried Beans	2 ppl	3 ppl	4 ppl	
Red kidney beans	240	480	480	Grams
Olive oil	2	4	4	Tbsp
Shallots	1	2	2	Piece
Chipotle powder	2	2	4	Grams
Garlic powder	5	10	10	Grams
Cumin powder	2	4	4	Grams
Water	300	600	600	ML
Vegetable stock cube 15*	1	1	1	Piece
Vegetables				
Red onion	2	3	4	Piece
Red pepper	1	1	2	Piece
Yellow pepper	1	2	2	Piece
Olive oil	1	2	2	Tbsp
Fajita seasoning	10	15	20	Grams
Avocado				
Avocado	1	2	2	Piece
Lime	1	2	2	Piece
Garlic cloves	1	2	2	Piece
Salt	0.5	1	1	Tsp
Extras				
Brown rice	150	225	300	Grams
Hot tomato salsa	60	90	120	Grams
Fresh coriander	15	15	15	Grams
Nachos	80	120	200	Grams

Allergens

\*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4123 / 986
Fat (g)	31.4
of which saturates (g)	4.6
Carbohydrate (g)	169
of which sugars (g)	23.1
Fiber (g)	28.2
Protein (g)	29.2
Salt (g)	2.8

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely chop the **shallots**. Peel and slice the **red onions** into rings. Deseed and slice the **peppers** into strips. Drain and rinse the **red kidney beans**.



2 Make beans

Heat a pan over a medium-low heat with a drizzle of **olive oil**. Add the **shallots**, **chipotle powder (spicy!)**, **garlic powder** and **cumin powder** and cook for 2 min. Add the **measured water**, **stock cube** and drained **red kidney beans**. Simmer for 15-20 min.



3 Boil rice

Meanwhile, bring a large pan of salted water to a boil over a medium-high heat. Once boiling, add the **brown rice** and cook for 25 min or until tender. Drain once tender.



4 Stir-fry

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **onion** and **pepper** and fry for 5 min. Add the **fajita seasoning (spicy!)** and fry for 2 min further. Season with **salt** and **pepper**.



5 Smash avocado

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and place it into a bowl. Juice the **lime** directly into the bowl. Peel and mince the **garlic** directly into the bowl. Season with **salt** and mash with a fork until smooth.

**Tip!** Become an avocado ripening pro! If your avocado's still hard but you plan to use it the next day, put it in a brown paper bag with an apple or a banana for company.



6 Serve

Using a potato masher, mash the **beans** until almost smooth. Divide the drained **rice** among bowls and arrange the stir-fried vegetables, **avocado**, **beans** and **hot salsa (spicy!)** over the top. Garnish with the **coriander** leaves. Serve the **nachos** alongside.