

# MARLEY SPOON



## Smoky Beef and Black Beans

with Avocado, Corn and Rice



20-30min



2 Portions

Mexican flavours are some of the most popular, especially when it comes to fast meals. This one has all the feels of a chilli con carne but with a quick cooking time and all the flavour of nachos without the heavy cheese. Gather the amigos or ninos and share the bowlful of love.

## What we send

• 17

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- large deep frypan with lid
- medium saucepan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

To keep within our healthy eating guidelines, only use half the beans, however, if desired, add all the beans. The dish will still taste delicious.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 990kcal, Fat 38.5g, Carbs 95.5g, Proteins 53.7g



### 1. Prepare ingredients

Bring **1L (4 cups) water** to the boil in a medium saucepan for the rice. Finely chop the **onion**. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Rinse and drain **half the black beans** (see cooking tip). Discard the husk and silks from the **corn**, then slice the kernels from the cob.



### 2. Cook rice

Cook the **rice** in the pan of boiling water for 12 mins or until tender. Drain, return to the pan and cover to keep warm.



### 3. Cook aromatics

Meanwhile, heat **2 tsp olive oil** in a large frypan over medium heat. Add the **onion, capsicum** and **BBQ seasoning** and cook, stirring regularly, for 3-4 mins until starting to soften.



### 4. Simmer beef

Increase the heat to high, add the **beef mince** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **tomatoes, corn, beans** and **125ml (½ cup) water**, season with **salt and pepper** and bring to the boil. Reduce the heat to medium-low and cook, covered, for 10 mins.



### 5. Chop avocado

Meanwhile, coarsely chop the **avocado** flesh. Finely chop the **coriander**, including the stems.



### 6. Get ready to serve

Stir **half the coriander** into the beef mixture. Divide the **rice** and **beef mixture** among bowls. Scatter over the **avocado** and **remaining coriander** to serve.