

DINNERLY



Make It Carb Conscious

Black Bean Burrito Bowl with Crema & Cilantro



ca. 20min



2 Servings

| We made this recipe carb conscious by customizing with brown rice.

WHAT WE SEND

- 5 oz quick-cooking brown rice
- 3 oz baby spinach
- ¼ oz fresh cilantro
- ¼ oz taco seasoning
- 15 oz can black beans
- 2 (1 oz) sour cream ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- white wine vinegar ¹⁷

TOOLS

- fine-mesh sieve
- small saucepan
- medium skillet

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 670kcal, Fat 21g, Carbs 97g, Protein 22g



1. Cook rice & spinach

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve. Return rice to saucepan. Remove saucepan from heat, then add **spinach** (do not stir). Cover and set aside to wilt for 5 minutes.



2. Prep cilantro & garlic

While **rice** cooks, pick **a few cilantro leaves** from stems (about 2 tablespoons) and set aside until ready to serve; roughly chop remaining leaves and stems.

Finely chop **2 teaspoons garlic**.



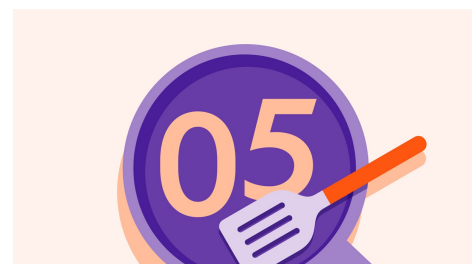
3. Cook beans

Heat **2¼ teaspoons taco seasoning**, **1½ teaspoons chopped garlic**, and **1 tablespoon oil** in a medium skillet over medium-high. Cook until garlic is sizzling, about 1 minute. Add **beans and their liquid** and **¼ cup water**. Simmer, stirring, until beans are thickened and reduced to **1½ cups**, 4–5 minutes. Stir in **half of the chopped cilantro**; season to taste with **salt** and **pepper**.



4. Make crema

In a small bowl, stir to combine **sour cream**, **remaining chopped cilantro and garlic**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



5. Finish & serve

Add **2 teaspoons oil** to saucepan with **rice** and stir to incorporate **wilted spinach**; season to taste with **salt** and **pepper**.

Serve **rice** in bowls topped with **black beans**. Spoon **garlic crema** over top, then garnish with **reserved whole cilantro leaves**. Enjoy!



6. Make it meaty!

Got some meat lovers at the table? Try one of our handy protein packs! Add grilled chicken or steak to the top of your burrito bowls.