



# Plant-Based 'Beef' Burrito Bowl

with Charred Corn Salsa & Chipotle 'Aioli'

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Tomato



Baby Spinach Leaves



Sweetcorn



Plant-Based Aioli



Mild Chipotle Sauce



Plant-Based Mince



Tex-Mex Spice Blend



Pickled Jalapeños (Optional)



Plant-Based Grated Cheese



Beef Mince

Prep in: 15-25 mins  
Ready in: 30-40 mins



Plant-Based\*

\*Custom Recipe is not Plant-Based

Boasting all the best bits you'll find in a burrito, you can't go wrong with this bountiful bowl. The plant-based mince is the MVP - it browns a lot like beef mince would in the pan, and stands up well to the mild Tex-Mex flavours.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>plant-based butter*</b>	20g	40g
basmati rice	1 medium packet	2 medium packets
<b>water*</b>	1½ cups	3 cups
brown onion	1	2
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (300g)
plant-based aioli	1 packet (50g)	2 packets (100g)
mild chipotle sauce	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based mince	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	1 large sachet
pickled jalapeños (optional)	1 medium packet	1 large packet
plant-based grated cheese	1 medium packet	2 medium packets
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3382kJ (808Cal)	705kJ (168Cal)
Protein (g)	25.6g	5.3g
Fat, total (g)	38.9g	8.1g
- saturated (g)	6.2g	1.3g
Carbohydrate (g)	83g	17.3g
- sugars (g)	13.7g	2.9g
Sodium (mg)	1925mg	401mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3474kJ (830Cal)	688kJ (164Cal)
Protein (g)	37.2g	7.4g
Fat, total (g)	39.4g	7.8g
- saturated (g)	9g	1.8g
Carbohydrate (g)	77.6g	15.4g
- sugars (g)	12.5g	2.5g
Sodium (mg)	1402mg	278mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Make the garlic rice

- Finely chop **garlic**. In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

3



## Make the salsa & plant-based mince

- Transfer the **charred corn** to a medium bowl. Add **spinach**, **tomato** and a splash of the **white wine vinegar**. Toss to coat, then season with **salt** and **pepper** to taste. Set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **plant-based mince** and **onion**, breaking up **mince** with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** The spice blend and chipotle sauce are mild, but use less if you're sensitive to heat. Add **Tex-Mex spice blend** and remaining **chipotle sauce** and **garlic**. Cook until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've swapped to beef mince, cook beef mince in the same way as above. Drain oil from pan before adding the spice blend.

2



## Get prepped

- Finely chop **brown onion**. Roughly chop **tomato** and **baby spinach leaves**. Drain **sweetcorn**.
- In a small bowl, combine **plant-based aioli** and half the **mild chipotle sauce**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.

**TIP:** Cover the pan with a lid if the corn kernels are 'popping' out.

4



## Serve up

- Divide garlic rice between bowls.
- Top with plant-based beef, charred corn salsa and **pickled jalapeños** (if using).
- Serve with a dollop of chipotle aioli and sprinkle over **plant-based grated cheese**. Enjoy!

## Rate your recipe

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