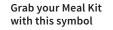
Plant-Based 'Beef' Burrito Bowl

with Charred Corn Salsa & Chipotle 'Aioli'

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Brown Onion





Baby Spinach Leaves

Sweetcorn





Plant-Based

Sauce



Plant-Based Mince



Tex-Mex Spice Blend



Pickled Jalapeños



(Optional)





Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

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 in the pan, and stands up well to the mild Tex-Mex flavours.

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 \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	3 cloves	6 cloves		
plant-based butter*	20g	40g		
basmati rice	1 medium packet	2 medium packets		
water*	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		
white wine vinegar*	drizzle	drizzle		
plant-based mince	1 packet	2 packets		
Tex-Mex spice blend	1 medium sachet	1 large sachet		
pickled jalapeños	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 Recine		

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 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





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.



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.



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.



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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