



# Tex-Mex Chickpeas & Rice with Cucumber Salsa & Fetta

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2980kJ (712Cal) | Protein 25.6g | Fat, total 26.3g - saturated 6.6g | Carbohydrate 84.8g - sugars 17.2g | Sodium 1887mg  
The quantities provided above are averages only.

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2023 | WK32 | AL



# Get ready

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'll need

(along with the basics)



Large Frying Pan

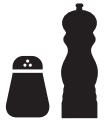


Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

2P

4P

**Smokey Aioli** 1 medium pkt 2 medium pkts

**Fetta Cubes** 1 large pkt 2 large pkts

## 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.

## 1. Chop



Lime



Cucumber



Capsicum

## 2. Sizzle



Sweetcorn



Chickpeas



Tex-Mex Spice Blend



Vegetable Stock Powder



Tomato Paste

## 3. Zap



Microwavable Basmati Rice



Smokey Aioli



Coriander



Fetta Cubes

- Cut **lime** into wedges
- Roughly chop **cucumber**, then place in a bowl. Add a good squeeze of **lime juice**. Drizzle with **olive oil**, then season and toss
- Thinly slice **capsicum**

- Heat a frying pan over high heat with a drizzle of **olive oil**
- Drain **corn** (½ large tin for 2P / 1 large tin for 4P) and **chickpeas**
- Cook **chickpeas**, **corn** and **capsicum** until browned, **2-3 mins**
- Add **spice blend**, **stock powder**, **tomato paste** and a good dash of **water**. Cook, tossing, until browned, **1-2 mins**. Season to taste, then remove from heat

- Heat **basmati rice** in microwave until steaming, **2-3 mins**
- Add **rice** to **chickpea** pan, tossing to coat
- Plate up **Tex-Mex chickpeas** and **rice**. Top with **cucumber salsa**
- Drizzle with **smokey aioli**, tear over **coriander** and crumble over **fetta**
- Serve with remaining **lime**



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