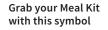


# Smokey Southern-Style Plant-Based Mince Bowl

with Corn Rice & Creamy Slaw

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Basmati Rice



**Brown Onion** 



Plant-Based



All-American Spice Blend



Sweet & Savoury



Slaw Mix



**Baby Spinach** 



Leaves





Coriander



Prep in: 20-30 mins Ready in: 30-40 mins

Plant Based\* \*Custom Recipe is not Plant Based Rice bowls are so simple to whip up and have the ability to pack in so many good flavours. Tonight is no different, with sweet & savoury plant-based mince. Paired with a creamy slaw, you'll be at the bottom of the bowl before you know it!

**Pantry items** Olive Oil, Plant-Based Butter

## 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

		9			
	2 People	4 People			
olive oil*	refer to method	refer to method			
garlic	3 cloves	6 cloves			
corn kernels	1 small tin	2 small tins			
plant-based butter*	20g	40g			
basmati rice	1 medium packet	1 large packet			
water*	1½ cups	3 cups			
brown onion	1	2			
plant-based mince	1 packet	2 packets			
All-American spice blend	1 medium sachet	2 medium sachets OR 1 large sachet			
sweet & savoury glaze	1 medium packet	1 large packet			
slaw mix	1 small bag	1 large bag			
baby spinach leaves	1 small bag	1 medium bag			
plant-based aioli	1 packet (50g)	2 packets (100g)			
coriander	1 bag	1 bag			
beef mince**	1 small packet	2 small packets OR 1 large packet			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3551kJ (849Cal)	707kJ (169Cal)
Protein (g)	26.6g	5.3g
Fat, total (g)	38.7g	7.7g
- saturated (g)	6.2g	1.2g
Carbohydrate (g)	91.2g	18.1g
- sugars (g)	22.3g	4.4g
Sodium (mg)	1509mg	300mg
Custom Recipe		

#### Per 100g Energy (kJ) 3643kJ (871Cal) 691kJ (165Cal) 38.3g 7.3g Protein (g) Fat, total (g) 39.3g 7.5g - saturated (g) 9g 1.7g Carbohydrate (g) 85.8g 16.3g - sugars (g) 21.2g Sodium (mg) 986mg 187mg

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





## Cook the corn rice

- Finely chop garlic. Drain corn kernels. In a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- Cook corn kernels and 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 and keep covered until the rice is tender and the water is absorbed, 10 minutes.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Get prepped

• Meanwhile, finely chop brown onion.



## Cook the mince

- When the rice has 10 minutes remaining, heat a large frying pan with a drizzle of olive oil over medium-high heat.
- Cook plant-based mince and onion, breaking up mince with a spoon, until just browned,
  4-5 minutes.

**Custom Recipe:** If you've swapped to beef mince, heat a large frying pan over medium-high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 4-5 minutes. Drain any excess oil from pan for best results.



## Add the flavourings

- Add All-American spice blend and remaining garlic and cook until fragrant, 1 minute.
- Remove pan from heat then stir in sweet & savoury glaze and a splash of water, until combined. Season to taste.



## Assemble the slaw

 While mince is cooking, in a large bowl, combine slaw mix, baby spinach leaves, plant-based aioli and a drizzle of olive oil. Season.



## Serve up

- · Divide corn rice between bowls.
- Top with smokey Southern-style plant-based mince and creamy slaw.
- Tear over **coriander** to serve. Enjoy!

