



Smokey Southern-Style Plant-Based Mince Bowl with Corn Rice & Creamy Slaw

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Corn Kernels



Basmati Rice



Brown Onion



Plant-Based Mince



All-American Spice Blend



Sweet & Savoury Glaze



Slaw Mix



Baby Spinach Leaves



Plant-Based Aioli



Coriander



Beef Mince

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!

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

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

	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

*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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3643kJ (871Cal)	691kJ (165Cal)
Protein (g)	38.3g	7.3g
Fat, total (g)	39.3g	7.5g
- saturated (g)	9g	1.7g
Carbohydrate (g)	85.8g	16.3g
- sugars (g)	21.2g	4g
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



1



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!

4



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.

2



Get prepped

- Meanwhile, finely chop **brown onion**.

5



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.

3



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.

6



Serve up

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

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