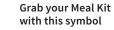
Plant-Based Bean Burrito Bowl

with Charred Corn Salsa, 'Cheeze' & Pickled Onion

EXPLORER











Sweetcorn



Red Kidney

Beans



Carrot









Red Onion

Tomato



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce





Plant-Based **Grated Cheese**



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

Plant Based



Simmer hearty kidney beans with Tex-Mex spices and our mild chipotle sauce, and you'll have a plant-based protein that will see everyone wiping their plates clean. Serve over fluffy garlic rice to soak up all the saucy, cheezy deliciousness.

Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, 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

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
sweetcorn	1 tin (125g)	1 tin (300g)
red kidney beans	1 packet	2 packets
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
red onion	1	2
white wine vinegar*	1 tbs	2 tbs
Tex-Mex spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
tomato paste	1 packet	1 packet
mild chipotle sauce	½ packet	1 packet
water* (for the beans)	⅓ cup	¾ cup
brown sugar*	½ tsp	1tsp
plant-based butter*	20g	40g
plant-based grated cheese	1 medium packet	2 medium packets
plant-based mince**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2555kJ (611Cal)	459kJ (110Cal)
Protein (g)	18.9g	3.4g
Fat, total (g)	11.8g	2.1g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	103.7g	18.6g
- sugars (g)	21.5g	3.9g
Sodium (mg)	1523mg	274mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3408kJ (815Cal)	519kJ (124Cal)
Protein (g)	34.8g	5.3g
Fat, total (g)	24g	3.7g
- saturated (g)	7.5g	1.1g
Carbohydrate (g)	109.1g	16.6g
- sugars (g)	22.6g	3.4g
Sodium (mg)	2121mg	323mg

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!





Cook the garlic rice

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

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



Get prepped

- While the rice is cooking, drain **sweetcorn**.
- Drain and rinse red kidney beans.
- · Grate carrot. Set aside.
- Heat a large frying pan over high heat. Cook corn kernels until lightly browned, 4-5 minutes. Transfer to a medium bowl.
- While the corn is cooking, roughly chop **baby** spinach leaves and tomato.
- Thinly slice red onion

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



Make the salsa

- In a small heatproof bowl, combine **onion**, the white wine vinegar, a splash of water and a good pinch of sugar and salt.
- Microwave the pickled onion mixture in 30 second bursts, until softened.
- To the bowl with the charred corn, add spinach and tomato. Drizzle with olive oil. Toss to combine. Season with **salt** and **pepper** to taste.



Cook the carrot

- · Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook carrot, stirring, until tender, 2-3 minutes.

Custom Recipe: If you've added plant-based mince, cook plant-based mince with carrot, breaking up with a spoon, until just browned, 4-5 minutes.



Bring it all together

- SPICY! The spice blend is mild, but use less if you're sensitive to heat. Add Tex-Mex spice blend, tomato paste and remaining garlic and cook until fragrant, 1-2 minutes.
- Stir in kidney beans, mild chipotle sauce (see ingredients), the water (for the beans), the brown sugar and the plant-based butter. Simmer until slightly thickened, 1-2 minutes.
- Season to taste.



Serve up

- Divide garlic rice between bowls. Top with beans.
- Serve with charred corn salsa.
- · Top with pickled onion.
- Sprinkle over plant-based grated cheese to serve. Enjoy!

Rate your recipe

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