



Plant-Based Bean Burrito Bowl

with Charred Corn Salsa, 'Cheeze' & Pickled Onion

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Red Kidney Beans



Carrot



Baby Spinach Leaves



Tomato



Red Onion



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Plant-Based Grated Cheese



Plant-Based Mince

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

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.

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

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

	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	⅔ 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](https://www.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 garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. 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.
4. 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!



Cook the carrot

1. Return frying pan to medium-high heat with a drizzle of **olive oil**.
2. 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.



Get prepped

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

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



Bring it all together

1. **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**.
2. 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**.
3. Season to taste.



Make the salsa

1. In a small heatproof bowl, combine **onion**, the **white wine vinegar**, a splash of **water** and a good pinch of **sugar** and **salt**.
2. Microwave the **pickled onion mixture** in **30 second** bursts, until softened.
3. 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.



Serve up

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

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)