

# Plant-Based Bean Burrito Bowl

with Charred Corn Salsa, Coconut Yoghurt & Pickled Onion

EXPLORER

CLIMATE SUPERSTAR



**Recipe Update**  
 We've replaced the plant-based grated cheese in this recipe with plant-based coconut yoghurt due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Sweetcorn



Red Kidney Beans



Carrot



Baby Spinach Leaves



Tomato



Red Onion



Tex-Mex Spice Blend



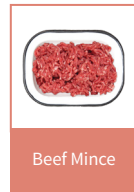
Tomato Paste



Mild Chipotle Sauce



Plant-Based Coconut Yoghurt



Beef Mince

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

Calorie Smart\*  
 \*Custom Recipe is not Calorie Smart or Plant Based

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, 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                             |
|----------------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>                | refer to method | refer to method                      |
| garlic                           | 3 cloves        | 6 cloves                             |
| <b>water*</b><br>(for the rice)  | 1¼ cups         | 2½ cups                              |
| jasmine rice                     | 1 medium packet | 1 large packet                       |
| 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                                    |
| <b>white wine vinegar*</b>       | 1 tbs           | 2 tbs                                |
| Tex-Mex spice blend              | 1 medium sachet | 1 large sachet                       |
| tomato paste                     | 1 packet        | 1 packet                             |
| mild chipotle sauce              | ½ packet        | 1 packet                             |
| <b>water*</b><br>(for the beans) | ⅓ cup           | ⅔ cup                                |
| <b>brown sugar*</b>              | ½ tsp           | 1 tsp                                |
| <b>plant-based butter*</b>       | 20g             | 40g                                  |
| plant-based coconut yoghurt      | 1 packet        | 2 packets                            |
| beef mince**                     | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2513kJ (601Cal) | 482kJ (115Cal) |
| Protein (g)      | 18.7g           | 3.6g           |
| Fat, total (g)   | 11.8g           | 2.3g           |
| - saturated (g)  | 4.6g            | 0.9g           |
| Carbohydrate (g) | 101.4g          | 19.4g          |
| - sugars (g)     | 19.3g           | 3.7g           |
| Sodium (mg)      | 1506mg          | 289mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3459kJ (827Cal) | 535kJ (128Cal) |
| Protein (g)      | 46.3g           | 7.2g           |
| Fat, total (g)   | 24.6g           | 3.8g           |
| - saturated (g)  | 10.2g           | 1.6g           |
| Carbohydrate (g) | 101.4g          | 15.7g          |
| - sugars (g)     | 19.3g           | 3g             |
| Sodium (mg)      | 1580mg          | 244mg          |

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.

1



## 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 the **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **12 minutes**.

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

4



## 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:** 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. Add carrot and cook until tender, 2-3 minutes.

2



## 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.

**Custom Recipe:** If you've added beef mince, drain and rinse half the red kidney beans.

5



## Bring it all together

- Add **Tex-Mex spice blend**, **tomato paste** and the 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.

3



## 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.

6



## Serve up

- Divide garlic rice between bowls.
- Top with beans, charred corn salsa and pickled onion.
- Top with a dollop of **plant-based coconut yoghurt** to serve. Enjoy!

Were here to help!

Scan here if you have any questions or concerns

2023 | CW46

