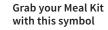


# Southern Style Plant-Based Mince Bowl with Corn Rice & Creamy Avo Slaw

ALTERNATIVE PROTEIN

**CLIMATE SUPERSTAR** 











Jasmine Rice



Plant-Based



Pre-Chopped



Onion





All-American

Spice Blend



Slaw Mix



Plant-Based



Coriander



Prep in: 10-20 mins Ready in: 25-35 mins

Plant Based\* \*Custom Recipe is not Plant Based

This plant-based mince bowl hails from the deep south, perfectly combining the fluffy corn rice with several tasty additions to make a seriously stacked bowl. This one is made that much better with the creamy avocado slaw.

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

| CO              |  |
|-----------------|--|
| 2 People        | 4 People   |
| refer to method | refer to method  |
| 1 small tin     | 2 small tins   |
| 20g             | 40g  |
| 1 packet        | 2 packets  |
| 1 medium packet | 1 large packet   |
| 1¼ cups         | 2½ cups  |
| 1 packet        | 2 packets  |
| 1 medium packet | 1 large packet   |
| 1 medium sachet | 1 large sachet   |
| 1 medium packet | 1 large packet   |
| 1               | 2  |
| 1 small bag     | 1 large bag  |
| 1 packet (50g)  | 2 packets (100g)   |
| 1 bag           | 1 bag  |
| 1 small packet  | 2 small packets<br>OR 1 large packet   |
|                 | refer to method 1 small tin 20g 1 packet 1 medium packet 1¼ cups 1 packet 1 medium packet 1 medium packet 1 medium packet 1 medium packet 1 small bag 1 packet (50g) 1 bag |

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

## **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3966kJ (948Cal) | 718kJ (172Cal) |
| Protein (g)      | 27.1g           | 4.9g           |
| Fat, total (g)   | 50.1g           | 9.1g           |
| - saturated (g)  | 7.8g            | 1.4g           |
| Carbohydrate (g) | 90.4g           | 16.4g          |
| - sugars (g)     | 17.2g           | 3.1g           |
| Sodium (mg)      | 1556mg          | 282mg          |

#### **Custom Recipe**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 4059kJ (970Cal) | 703kJ (168Cal) |
| Protein (g)      | 38.8g           | 6.7g           |
| Fat, total (g)   | 50.7g           | 8.8g           |
| - saturated (g)  | 10.6g           | 1.8g           |
| Carbohydrate (g) | 84.9g           | 14.7g          |
| - sugars (g)     | 16.1g           | 2.8g           |
| Sodium (mg)      | 1032mg          | 179mg          |

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 rice

- Boil the kettle. Drain corn kernels. In a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- Cook corn and half the garlic paste, until fragrant, 1-2 minutes. Add jasmine rice, the boiling water (1¼ cups for 2 people/ 2½ cups for 4 people) and a generous pinch of salt.
- Stir, reduce heat to low and cover with a lid.
- Cook for 12 minutes, then remove from heat and keep covered until the rice is tender and the water is absorbed, 12 minutes.

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



## Toss the slaw

- While the mince is cooking, slice avocado in half, scoop out flesh and thinly slice.
- In a large bowl, combine slaw mix, avocado, plant-based aioli and a drizzle
  of olive oil. Season.



## 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 pre-chopped onion, breaking up mince with a spoon, until just browned, 4-5 minutes.
- Add All-American spice blend and remaining garlic paste 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.

**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!) and pre-chopped onion, breaking up mince with a spoon, until just browned, 4-5 minutes. Continue as above.



# Serve up

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

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate