



Southern Style Plant-Based Mince Bowl

with Corn Rice & Creamy Avo Slaw

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Corn Kernels



Garlic Paste



Jasmine Rice



Plant-Based Mince



Pre-Chopped Onion



All-American Spice Blend



Sweet & Savoury Glaze



Avocado



Slaw Mix



Plant-Based Aioli



Coriander



Beef Mince

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

	2 People	4 People
olive oil*	refer to method	refer to method
corn kernels	1 small tin	2 small tins
plant-based butter*	20g	40g
garlic paste	1 packet	2 packets
jasmine rice	1 medium packet	1 large packet
boiling water*	1¼ cups	2½ cups
plant-based mince	1 packet	2 packets
pre-chopped onion	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
avocado	1	2
slaw mix	1 small bag	1 large 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)	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



1



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!

3



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.

2



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.

4



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