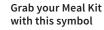


Plant-Based Bean Burrito Bowl

with Charred Corn Salsa, 'Coconut Yoghurt' & Pickled Onion

EXPLORER

CLIMATE SUPERSTAR













Sweetcorn



Red Kidney

Beans





Carrot









Tex-Mex



Spice Blend



Mild Chipotle Sauce



Plant-Based Coconut Yoghurt



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 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

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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	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	1 tsp		
plant-based butter*	20g	40g		
plant-based coconut yoghurt	1 medium packet	1 large packet		
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)	2332kJ (557Cal)	482kJ (115Cal)
Protein (g)	16.9g	3.5g
Fat, total (g)	11.3g	2.3g
- saturated (g)	5.1g	1.1g
Carbohydrate (g)	94.2g	19.5g
- sugars (g)	17.7g	3.7g
Sodium (mg)	833mg	172mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (784Cal)	538kJ (129Cal)
Protein (g)	44.5g	7.3g
Fat, total (g)	24.2g	4g
- saturated (g)	10.7g	1.8g
Carbohydrate (g)	94.2g	15.5g
- sugars (g)	17.7g	2.9g
Sodium (mg)	907mg	149mg

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.



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!



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: Cook the beef mince with the carrot (no need for oil), breaking mince up with a spoon, until browned and cooked through, 3-4 minutes.



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, only drain and rinse half the red kidney beans.



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.



Bring it all together

- · 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), brown sugar and plant-based butter. Simmer until slightly thickened, 1-2 minutes.
- Season to taste.



Serve up

- · Divide garlic rice between bowls.
- · Top with beans, charred corn salsa and pickled onion.
- Dollop plant-based coconut yoghurt over rice to serve. Enjoy!

