



Plant-Based 'Beef' Burrito Bowl

with Charred Corn Salsa, Jalapeños & Chipotle 'Aioli'

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Tomato/Kumato



Baby Spinach Leaves



Avocado



Sweetcorn



Plant-Based Aioli



Mild Chipotle Sauce



Plant-Based Mince



Tex-Mex Spice Blend



Pickled Jalapeños (Optional)



Beef Mince

Prep in: 15-25 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

Boasting all the best bits you'll find in a burrito, you can't go wrong with this bountiful bowl. The plant-based mince is the MVP - it browns a lot like beef mince would in the pan and stands up well to the mild Tex-Mex flavours.

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

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

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
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
brown onion	1	2
tomato/kumato	1	2
baby spinach leaves	1 small bag	1 medium bag
avocado	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
plant-based aioli	1 packet (50g)	2 packets (100g)
mild chipotle sauce	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
plant-based mince	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	1 large sachet
pickled jalapeños (optional)	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3800kJ (908Cal)	679kJ (162Cal)
Protein (g)	26.9g	4.8g
Fat, total (g)	49.4g	8.8g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	83.2g	14.9g
- sugars (g)	13.7g	2.4g
Sodium (mg)	1932mg	345mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3893kJ (930Cal)	666kJ (159Cal)
Protein (g)	38.6g	6.6g
Fat, total (g)	50g	8.5g
- saturated (g)	10.5g	1.8g
Carbohydrate (g)	77.8g	13.3g
- sugars (g)	12.5g	2.1g
Sodium (mg)	1408mg	241mg

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.

1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic**, stirring, until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

3



Make the salsa & plant-based mince

- Transfer the **charred corn** to a medium bowl. Add **spinach**, **tomato**, **avocado** and a splash of the **white wine vinegar**. Toss to coat, then season with **salt** and **pepper** to taste. Set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **plant-based mince** and **onion**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** The spice blend and chipotle sauce are mild, but use less if you're sensitive to heat. Add **Tex-Mex spice blend** and remaining **mild chipotle sauce** and **garlic**. Cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as above. Drain oil from pan before adding the spice blend.

2



Get prepped

- Finely chop **brown onion**. Roughly chop **tomato** and **baby spinach leaves**. Slice **avocado** in half, scoop out flesh and roughly chop. Drain **sweetcorn**.
- In a small bowl, combine **plant-based aioli** and half the **mild chipotle sauce**.
- Heat a large frying pan over high heat. Cook **corn**, tossing, until lightly browned, **4-5 minutes**.

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

4



Serve up

- Divide garlic rice between bowls.
- Top with plant-based beef, charred corn salsa and **pickled jalapeños** (if using).
- Serve with a dollop of chipotle aioli. Enjoy!

Custom Recipe: Top garlic rice with beef mince, charred corn salsa and pickled jalapeños to serve.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW05

