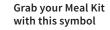


Plant-Based 'Beef' Burrito Bowl

with Charred Corn Salsa, Jalapeños & Chipotle 'Aioli'

EXPLORER

CLIMATE SUPERSTAR













Brown Onion

Tomato/Kumato





Baby Spinach Leaves

Avocado







Sweetcorn

Plant-Based





Mild Chipotle Sauce

Plant-Based



Tex-Mex



Spice Blend



(Optional)



Pantry items

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



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 in the pan and stands up well to the mild Tex-Mex flavours.

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 \cdot 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
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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.



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.



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.



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.



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.



Scan here if you have any questions or concerns



