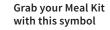


Plant-Based Bean Burrito Bowl

with Radish Salsa, Yoghurt & Pickled Onion

EXPLORER

CLIMATE SUPERSTAR















Carrot







Red Radish



Spice Blend



Tomato Paste





Sauce



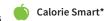
Plant-Based Coconut Yoghurt

Pantry items



Prep in: 20-30 mins Ready in: 30-40 mins

Plant Based*



*Custom Recipe is not Plant Based or Calorie Smart

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.



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

ingredients			
	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	
red kidney beans	1 packet	2 packets	
carrot	1	2	
tomato	1	2	
red onion	1	2	
red radish	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	1tsp	
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 100g Per Serving Energy (kJ) 3279kJ (784Cal) 538kJ (129Cal) Protein (g) 44.5g 7.3g Fat, total (g) 24.2g - saturated (g) 10.7g 1.8g Carbohydrate (g) 94.2g 15.5g 17.7g - sugars (g) 2.9g Sodium (mg)

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!



Get prepped

- While the rice is cooking, drain and rinse red kidney beans.
- Grate carrot.
- Roughly chop tomato.
- Thinly slice red onion and red radish.

Custom Recipe: If you've added beef mince, drain and rinse only 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.
- In a medium bowl add radish and tomato.
 Drizzle with olive oil. Toss to combine. Season with salt and pepper to taste.



Cook the carrot

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook carrot, stirring, until tender, 2-3 minutes.

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



Bring it all together

- SPICY! The spice blend is mild, but use less if you're sensitive to heat. 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, radish-tomato salsa and pickled onion.
- Serve with plant-based coconut yoghurt. Enjoy!

Custom Recipe: Top garlic rice with beef, beans, radish-tomato salsa and pickled onion.

