



Plant-Based Bean Burrito Bowl

with Radish-Corn Salsa, Smokey Aioli & Pickled Onion

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Garlic



Basmati Rice



Carrot



Red Kidney Beans



Red Onion



Sweetcorn



Red Radish



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Plant-Based Smokey Aioli



Coriander



Pork Mince



Beef Mince

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.

Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, Plant-Based Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
red kidney beans	1 medium packet	2 medium packets
red onion	1	2
sweetcorn	1 medium tin	1 large tin
red radish	1	2
white wine vinegar*	1 tbs	2 tbs
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
mild chipotle sauce	½ packet	1 packet
water* (for the beans)	⅓ cup	⅔ cup
brown sugar*	½ tsp	1tsp
plant-based butter*	10g	20g
plant-based smokey aioli	1 packet	2 packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2738kJ (654Cal)	593kJ (142Cal)
Protein (g)	16.8g	3.6g
Fat, total (g)	20.6g	4.5g
- saturated (g)	2.2g	0.5g
Carbohydrate (g)	96.9g	21g
- sugars (g)	19.1g	4.1g
Sodium (mg)	986mg	214mg
Dietary Fibre (g)	23.5g	5.1g

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

2024 | CW28



1 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!



4 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**.



2 Get prepped

- While the rice is cooking, grate **carrot**.
- Drain and rinse **red kidney beans**.
- Drain **sweetcorn**.
- Thinly slice **red onion** and **red radish**.



5 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.



3 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 **sweetcorn**. Drizzle with **olive oil**. Toss to combine. Season with **salt** and **pepper** to taste.



6 Serve up

- Divide garlic rice between bowls.
- Top with beans, radish-corn salsa and pickled onion.
- Serve with **plant-based smokey aioli** and tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD PORK MINCE

Before cooking sauce, cook, breaking up with a spoon, until browned, 4-5 minutes.

+ ADD BEEF MINCE

Before cooking sauce, cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

