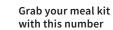


Plant-Based Bean Burrito Bowl

with Radish-Corn Salsa, Smokey Aioli & Pickled Onion

CLIMATE SUPERSTAR













Carrot









Sweetcorn

Red Onion



Red Radish



Spice Blend



Tomato Paste





Plant-Based Smokey Aioli



Coriander





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



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

9		
	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		

Pantry Items

Nutrition

Per Serving	Per 100g
2738kJ (654Cal)	593kJ (142Cal)
16.8g	3.6g
20.6g	4.5g
2.2g	0.5g
96.9g	21g
19.1g	4.1g
986mg	214mg
23.5g	5.1g
	2738kJ (654Cal) 16.8g 20.6g 2.2g 96.9g 19.1g 986mg

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, grate **carrot**.
- Drain and rinse red kidney beans.
- Drain sweetcorn.
- Thinly slice red onion and red radish.



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.



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.



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-corn salsa and pickled onion.
- Serve with plant-based smokey aioli and tear over coriander to serve. Enjoy!





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.

