

with Radish Salsa, Smokey Aioli & Pickled Onion

CLIMATE SUPERSTAR

Grab your meal kit with this number









Carrot

Red Kidney Beans





Sweetcorn

Red Onion





Radish

Tex-Mex Spice Blend



Tomato Paste

Mild Chipotle Sauce





Plant-Based Smokey Aioli

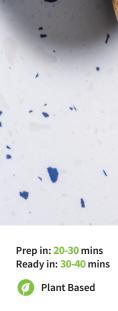
Coriander







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





everyone wiping their plates clean. Serve over fluffy garlic rice to soak up all the saucy deliciousness.

Simmer hearty kidney beans with Tex-Mex spices and our mild chipotle sauce and you'll have a plant-based protein that will see

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

J	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 packet	2 packets
sweetcorn	1 medium tin	1 large tin
red onion	1	2
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	⅓ cup
brown sugar*	½ tsp	1tsp
plant-based butter*	10g	20g
plant-based smokey aioli	1 packet	2 packets
coriander	1 packet	1 packet
* Dantry Itoms		

^{*}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 invariant in the product of the

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 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!



