

















Chickpea & Veggie Burrito Rice Bowl

with Salsa, Cheddar & Sour Cream

Grab your meal kit with this number

43



-  Sweet Potato
-  Brown Onion
-  Garlic
-  White Rice
-  Sweetcorn
-  Chickpeas
-  Cucumber
-  Tomato Paste
-  Tex-Mex Spice Blend
-  Vegetable Stock Pot
-  Light Sour Cream
-  Tomato Salsa
-  Cheddar Cheese
-  Coriander
-  Pulled Pork
-  Beef Mince

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

What do you get when you load up fluffy garlic rice with all the best veggie burrito fillings? Your new go-to meal! From the slight chew of the Tex-Mex chickpeas to the fresh burst from the salsa and creaminess from the light sour cream, this dish nails it in the flavour and texture department. Sprinkle with herbs to bring out the fresh flavours of the dish.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
brown onion	1	2
garlic	3 cloves	6 cloves
white rice	1 medium packet	1 large packet
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
sweetcorn	1 medium tin	1 large tin
chickpeas	1 packet	2 packets
cucumber	1	2
white wine vinegar*	drizzle	drizzle
tomato paste	1 medium packet	1 large packet
Tex-Mex spice blend	½ large sachet	1 large sachet
water* (for the sauce)	1 cup	2 cups
vegetable stock pot	1 small packet	1 medium packet
light sour cream	1 medium packet	1 large packet
tomato salsa	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2705kJ (647cal)	555kJ (114cal)
Protein (g)	41.4g	8.5g
Fat, total (g)	30.6g	6.3g
- saturated (g)	7.1g	1.5g
Carbohydrate (g)	50.1g	10.3g
- sugars (g)	11.3g	2.3g
Sodium (mg)	1702mg	349.5mg
Dietary Fibre (g)	7.4g	1.5g

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

2025 | CW04



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into small chunks.
- Cut **brown onion** into wedges.
- Spread **veggies** over a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies across two trays!

4



Prep the toppings

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl.
- To the bowl with corn, add **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season, then set aside.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

2



Make the garlic rice

- Meanwhile, finely chop **garlic**.
- Drain and rinse **white rice**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **rice**, the **water (for the rice)** 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**.

TIP: The rice will finish cooking in its own steam, so don't peek!

5



Cook the chickpeas

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Return the frying pan to medium heat with a drizzle of **olive oil**. Cook **tomato paste**, **chickpeas**, **Tex-Mex spice blend (see ingredients)** and the remaining **garlic**, tossing, until fragrant, **1-2 minutes**.
- Add the **water (for the sauce)** and **vegetable stock pot**. Bring to a simmer and cook until tender, **3-4 minutes** (if the mixture looks too thick, add a splash more water).
- Remove from heat. Lightly crush **chickpeas**. Stir through **roasted veggies**. Season to taste.

3



Get prepped

- While the rice is cooking, drain **sweetcorn**.
- Drain and rinse **chickpeas**.
- Finely chop **cucumber**.

6



Finish & serve

- Divide garlic rice between bowls.
- Top with chickpeas, **light sour cream** and **tomato salsa**.
- Sprinkle with **Cheddar cheese**.
- Tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD PULLED PORK
Cook with chickpeas, until heated through, 1-2 minutes.

+ ADD BEEF MINCE
Before cooking sauce, cook beef mince, 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.

