



Chickpea & Veggie Burrito Bowl

with Garlic Rice, Salsa & Cheddar

Grab your Meal Kit with this symbol



Sweet Potato



Red Onion



Garlic



Basmati Rice



Sweetcorn



Chickpeas



Cucumber



Lemon



Light Sour Cream



Tomato Paste



Tex-Mex Spice Blend



Vegetable Stock Powder



Coriander



Tomato Salsa



Shredded Cheddar Cheese

Hands-on: 20-30 mins
 Ready in: 30-40 mins
 Naturally Gluten-Free
 Not suitable for coeliacs

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 crunch from the cucumber and creaminess from the light sour cream, this dish nails it in the flavour and texture department. Sprinkle with coriander to bring out the fresh flavours of the dish.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
red onion	1	2
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
sweetcorn	1 tin (125g)	1 tin (300g)
chickpeas	1 tin	2 tins
cucumber	1	2
lemon	½	1
light sour cream	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
Tex-Mex spice blend	1 sachet	2 sachets
water* (for the sauce)	1 cup	2 cups
vegetable stock powder	½ medium sachet	1 medium sachet
coriander	1 bag	1 bag
tomato salsa	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3952kJ (944Cal)	541kJ (129Cal)
Protein (g)	29.5g	4g
Fat, total (g)	34.1g	4.7g
- saturated (g)	17.1g	2.3g
Carbohydrate (g)	117.9g	16.1g
- sugars (g)	24g	3.3g
Sodium (mg)	1756mg	240mg

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.

1



Roast the veggies

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

4



Prep the toppings

Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl. Add the **cucumber** and a squeeze of **lemon juice**. Toss to combine. Season, then set aside. In a small bowl, combine the **light sour cream** and **lemon zest**. Season with **salt**.

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

TIP: Add more or less lemon juice to taste.

2



Make the garlic rice

While the veggies are roasting, finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the 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 a medium heat with a drizzle of **olive oil**. Cook the **tomato paste**, **chickpeas**, **Tex-Mex spice blend** and remaining **garlic**, tossing, until fragrant, **1-2 minutes**. Add the **water (for the sauce)** and **vegetable stock powder** (see ingredients) and bring to a simmer, until tender, **3-4 minutes**. Remove the pan from the heat. Lightly crush the **chickpeas**. Stir through the roasted **veggies**. Season to taste.

TIP: Add a splash more water if the sauce looks too thick.

3



Get prepped

While the rice is cooking, drain the **sweetcorn**. Drain and rinse the **chickpeas**. Finely chop the **cucumber**. Zest the **lemon** to get a generous pinch, then slice into wedges.

6



Serve up

Roughly chop the **coriander**. Divide the garlic rice between bowls. Top with the chickpeas, corn salsa, sour cream and **tomato salsa**. Sprinkle over the **shredded Cheddar cheese**. Garnish with the coriander and any remaining lemon wedges.

Enjoy!

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