



# Spiced Cauliflower Burrito Bowl

with Avocado-Corn Salsa & Fetta

Grab your Meal Kit with this symbol



Cauliflower



Tex-Mex Spice Blend



Garlic



Basmati Rice



Lime



Sour Cream



Corn



Avocado



Coriander



Fetta Cubes

Hands-on: **20-30 mins**  
 Ready in: **35-45 mins**  
**Naturally Gluten-Free**  
*Not suitable for coeliacs*

Beans or mince in a burrito bowl? Nah, too predictable! Give this spiced cauliflower version a whirl! Roasted in a mild spice blend, then teamed with zesty salsa and charred corn, we've made sure every bite of this meal is full of flavour.

### 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 · Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
Tex-Mex spice blend	1 sachet	2 sachets
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
lime	½	1
sour cream	1 medium packet	1 large packet
corn	1 cob	2 cobs
avocado	½	1
coriander	1 bag	1 bag
fetta cubes	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3182kJ (761Cal)	621kJ (148Cal)
Protein (g)	18.9g	3.7g
Fat, total (g)	37.9g	7.4g
- saturated (g)	17.2g	3.4g
Carbohydrate (g)	79.3g	15.5g
- sugars (g)	13.9g	15.5g
Sodium (mg)	1174mg	229mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the cauliflower

**SPICY!** This is a mild spice blend, but if you're sensitive to heat, feel free to add less. Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Place the **cauliflower** and **Tex-Mex spice blend** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



## Char the corn

Slice the kernels off the **corn** cob. Heat a medium frying pan over a high heat. Add the **corn** kernels and cook, stirring occasionally, until charred, **4-5 minutes**.

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



## Cook the garlic rice

While the cauliflower is roasting, finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1 minute**. Add the **basmati rice**, the **water** and a generous pinch of **salt** 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!



## Make the salsa

Cut the **avocado** (see ingredients) into bite-sized chunks. Roughly chop the **coriander**. Add the **avocado** and 1/2 the **coriander** to the **corn**. Add a squeeze of **lime juice** and a drizzle of **olive oil**. Season and stir to combine.



## Make the lime crema

Zest the **lime** to get a good pinch, then slice into wedges. In a small bowl, combine the **sour cream**, **lime zest** and a squeeze of **lime juice**. Season to taste and set aside.

**TIP:** Add as much or as little lime zest to taste.



## Serve up

Divide the garlic rice between bowls. Top with the roasted cauliflower, avocado-corn salsa and lime crema. Crumble over the **fetta cubes**. Garnish with the remaining coriander.

Enjoy!

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