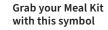
# Spiced Cauliflower Burrito Bowl with Avocado-Corn Salsa & Fetta











Spice Blend















Coriander



Fetta Cubes



## 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  $\cdot$  Medium saucepan with a lid  $\cdot$  Medium frying pan

## Ingredients

3			
	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	1/2	1	
sour cream	1 medium packet	1 large packet	
corn	1 cob	2 cobs	
avocado	1/2	1	
coriander	1 bag	1 bag	
fetta cubes	1 medium packet	1 large packet	

<sup>\*</sup>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 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.



## 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 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.



## 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.



### 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.



## 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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