



# Plant-Based Bean Burrito Bowl

with Charred Corn Salsa, 'Cheeze' & Pickled Onion

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Red Kidney Beans



Carrot



Baby Spinach Leaves



Tomato



Red Onion



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Plant-Based Grated Cheese



Shredded Cheddar Cheese

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

Calorie Smart\*

\*Custom Recipe is not Calorie Smart or Plant-Based

Plant Based\*

Simmer hearty kidney beans with Tex-Mex spices and our mild chipotle sauce, and you'll have a plant-based protein that will see everyone wiping their plates clean. Serve over fluffy garlic rice to soak up all the saucy, cheezy deliciousness.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

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



## Before you start

Wash your hands and any fresh food.

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
sweetcorn	1 tin (125g)	1 tin (300g)
red kidney beans	1 packet	2 packets
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
red onion	1	2
<b>white wine vinegar*</b>	1 tbs	2 tbs
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
mild chipotle sauce	½ packet	1 packet
<b>water*</b> (for the beans)	½ cup	¾ cup
<b>brown sugar*</b>	½ tsp	1 tsp
<b>plant-based butter*</b>	20g	40g
plant-based grated cheese	1 packet	2 packets
shredded Cheddar cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2705kJ (647Cal)	467kJ (112Cal)
Protein (g)	20.3g	3.5g
Fat, total (g)	11.4g	2g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	106.5g	18.4g
- sugars (g)	20.6g	3.6g
Sodium (mg)	1538mg	266mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (687Cal)	492kJ (118Cal)
Protein (g)	24.9g	4.3g
Fat, total (g)	15.9g	2.7g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	102g	17.5g
- sugars (g)	20.6g	3.5g
Sodium (mg)	1157mg	198mg

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.

1



## 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!

4



## Cook the carrot

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, stirring, until tender, **2-3 minutes**.

2



## Get prepped

- While the rice is cooking, drain **sweetcorn**.
- Drain and rinse **red kidney beans**. Grate **carrot**. Set aside.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- While the corn is cooking, roughly chop **baby spinach leaves** and **tomato**. Thinly slice **red onion**.

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

5



## 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)**, the **brown sugar** and the **plant-based butter**. Simmer until slightly thickened, **1-2 minutes**.
- Season, then sprinkle evenly with **plant-based grated cheese**. Cover with a lid or foil until cheese is slightly melted, **2-3 minutes**.

**Custom Recipe:** If you've swapped to shredded Cheddar cheese, sprinkle it over the beans in the same way as above.

3



## 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.
- To the bowl with the **charred corn**, add **spinach** and **tomato**. Drizzle with **olive oil**. Toss to combine. Season with **salt** and **pepper** to taste.

6



## Serve up

- Divide garlic rice between bowls. Top with beans.
- Serve with charred corn salsa.
- Top with pickled onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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