



Chickpea & Veggie Burrito Bowl

with Garlic Rice, Salsa & Cheddar

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Garlic



Basmati Rice



Sweetcorn



Chickpeas



Tomato



Lime



Light Sour Cream



Tomato Paste



Tex-Mex Spice Blend



Vegetable Stock Powder



Coriander



Tomato Salsa



Shredded Cheddar Cheese



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 brust 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.

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

Pantry items

Olive Oil, 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

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
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 medium packet	2 medium packets
tomato	1	2
lime	½	1
light sour cream	1 medium packet	1 large packet
tomato paste	1 packet	1 packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
water* (for the sauce)	1 cup	2 cups
vegetable stock powder	½ medium sachet	1 medium sachet
coriander	1 bag	1 bag
tomato salsa	½ large packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3787kJ (905Cal)	547kJ (131Cal)
Protein (g)	27.9g	4g
Fat, total (g)	32.1g	4.6g
- saturated (g)	15.3g	2.2g
Carbohydrate (g)	118.4g	17.1g
- sugars (g)	23.9g	3.5g
Sodium (mg)	1447mg	209mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4732kJ (1131Cal)	579kJ (138Cal)
Protein (g)	55.4g	6.8g
Fat, total (g)	44.9g	5.5g
- saturated (g)	20.9g	2.6g
Carbohydrate (g)	118.4g	14.5g
- sugars (g)	23.9g	2.9g
Sodium (mg)	1523mg	186mg

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



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **sweet potato** into small chunks. Cut **brown onion** into thick wedges.
- Spread 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**.



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 the corn, add **tomato** and a squeeze of **lime juice** (add more or less lime juice to suit your taste). Toss to combine. Season, then set aside.
- In a small bowl, combine **light sour cream** and **lime zest**. Season with **salt**.

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



Make the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati 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 the water is absorbed, **10 minutes**.



Make the Tex-Mex chickpeas

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Return frying pan to medium heat with a drizzle of **olive oil**. Cook **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)**. Bring to a simmer and cook until **chickpeas** are tender, **3-4 minutes**. If mixture looks too thick, add a splash more **water**. Remove from heat. Lightly crush **chickpeas**. Stir through **roasted veggies**. Season to taste.

Custom Recipe: If you've added beef mince, heat a large frying pan as above. Cook beef mince, breaking up with a spoon, 3-4 minutes. Drain any excess oil for best results, then add tomato paste and continue with step as above.



Get prepped

- While rice is cooking, drain **sweetcorn**.
- Drain and rinse **chickpeas**.
- Roughly chop **tomato**.
- Zest **lime** to get a generous pinch, then slice into wedges.



Serve up

- Roughly chop **coriander**.
- Divide garlic rice between bowls. Top with Tex-Mex chickpeas, corn salsa, sour cream and **tomato salsa (see ingredients)**.
- Sprinkle with **shredded Cheddar cheese**. Garnish with coriander and any remaining lime wedges to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate