



Mexican Chickpea Bowl

with Salsa & Cheddar Cheese

Grab your Meal Kit with this symbol



Sweet Potato



Red Onion



Garlic



Basmati Rice



Sweetcorn



Chickpeas



Tomato



Cucumber



Lime



Tomato Paste



Tex-Mex Spice Blend



Vegetable Stock



Coriander



Sour Cream



Shredded Cheddar Cheese

Hands-on: 20-30 mins
 Ready in: 30-40 mins
 Naturally gluten-free
Not suitable for Coeliacs

Say hello to the king of veggie burrito bowls! There's nutrient-packed chickpeas that are wholesome and filling, garlic rice and salsa, plus a sublime helping of cheesy goodness. Enjoy!

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 · 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 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
sweetcorn	1 tin (125g)	1 tin (300g)
chickpeas	1 tin	2 tins
tomato	1	2
cucumber	1	2
lime	½	1
tomato paste	1 sachet	2 sachets
Tex-Mex spice blend	1 sachet	2 sachets
water* (for the sauce)	1 cup	2 cups
vegetable stock	½ cube	1 cube
coriander	1 bag	1 bag
sour cream	1 packet (100g)	1 packet (200g)
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3890kJ (929Cal)	529kJ (126Cal)
Protein (g)	26.8g	3.6g
Fat, total (g)	36.3g	4.9g
- saturated (g)	18.5g	2.5g
Carbohydrate (g)	117g	15.9g
- sugars (g)	23.8g	3.2g
Sodium (mg)	1722mg	234mg

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 sweet potato

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



Prep the toppings

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl. Add the **tomato**, **cucumber** and a generous squeeze of **lime juice** to the **corn** and toss to combine. Season and set aside. In a small bowl, combine the **sour cream** and **lime zest**. Season with **salt**.

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

TIP: Add more or less lime juice to taste.



Make the garlic rice

While the sweet potato is roasting, finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **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!



Make the Mexican chickpeas

Return the large frying pan to medium heat with a drizzle of **olive oil**. Add the **tomato paste**, **chickpeas**, **Tex-Mex spice blend** and remaining **garlic** and cook, tossing, until fragrant, **1-2 minutes**. Add the **water (for the sauce)** and **vegetable stock** (1/2 cube for 2 people / 1 cube for 2 people). Bring to a simmer and cook until tender, **3-4 minutes**. Using a potato masher or a fork, lightly crush the **chickpeas**. Stir through the **sweet potato** and **red onion** and season to taste.

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



Get prepped

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



Serve up

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

Enjoy!