


Chickpea & Veggie Burrito Bowl

with Garlic Rice, Salsa & Cheddar



-  Sweet Potato
-  Red Onion
-  Garlic
-  Basmati Rice
-  Sweetcorn
-  Chickpeas
-  Cucumber
-  Lemon
-  Light Sour Cream
-  Tomato Paste
-  Tex-Mex Spice Blend
-  Vegetable Stock Powder
-  Coriander
-  Tomato Salsa
-  Shredded Cheddar Cheese
-  Shredded Cheddar Cheese

 Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

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 crunch from the cucumber and creaminess from the light sour cream, this dish nails it in the flavour and texture department.

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

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

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4076kJ (974Cal) | 546kJ (130Cal) |
| Protein (g) | 30.1g | 4g |
| Fat, total (g) | 36.8g | 4.9g |
| - saturated (g) | 18.8g | 2.5g |
| Carbohydrate (g) | 118.9g | 15.9g |
| - sugars (g) | 24.9g | 3.3g |
| Sodium (mg) | 2006mg | 269mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4511kJ (1078Cal) | 585kJ (139Cal) |
| Protein (g) | 36.2g | 4.7g |
| Fat, total (g) | 45.8g | 5.9g |
| - saturated (g) | 24.8g | 3.2g |
| Carbohydrate (g) | 118.9g | 15.4g |
| - sugars (g) | 24.9g | 3.2g |
| Sodium (mg) | 2186mg | 283mg |

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW39

1



Roast the veggies

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

4



Prep the toppings

Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl. Add the **cucumber** and a squeeze of **lemon juice**. Toss to combine. Season, then set aside. In a small bowl, combine the **light sour cream** and **lemon zest**. Season with **salt**.

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

TIP: Add more or less lemon juice to taste.

2



Make the garlic rice

While the veggies are 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**, the **water (for the rice)** and the **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!

5



Cook the chickpeas

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **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) and bring to a simmer, until tender, **3-4 minutes**. Remove the pan from the heat. Lightly crush the **chickpeas**. Stir through the **roasted veggies**. Season to taste.

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

3



Get prepped

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

6



Serve up

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

CUSTOM RECIPE

If you've doubled your shredded Cheddar cheese, add it in this step!

Enjoy!