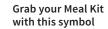
Mexican Chickpea Fried Rice with Cheddar, Chipotle Sour Cream & Jalapeños









Basmati Rice





Vegetable Stock Powder









Spring Onion

Capsicum

Carrot





Chickpeas



Light Sour Cream



Sauce

Sweetcorn

Mild Chipotle



Tomato



Coriander



Lemon



Mexican Fiesta Spice Blend



Shredded Cheddar Cheese



Pickled Jalapeños (Optional)

Prep-in: 25-35 mins Ready in: 35-45 mins



Spicy (Mexican Fiesta spice blend) Spicy (optional

pickled jalapeños)

You thought you knew fried rice, but then we made it Mexican! This one is brimming with hearty chickpeas, vibrant veggies and Mexican spices for some heat. Top with cheese, a refreshing coriander-spiked salsa and a dollop of the cooling sour cream.

Pantry items Olive Oil

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

Medium saucepan with a lid · Large frying pan

Inaredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
water*	1½ cups	3 cups	
basmati rice	1 medium packet	1 large packet	
vegetable stock powder	1 medium sachet	1 large sachet	
garlic	2 cloves	4 cloves	
capsicum	1	2	
carrot	1	2	
spring onion	1 stem	2 stems	
chickpeas	1 tin	2 tins	
sweetcorn	1 tin (300g)	2 tins (600g)	
light sour cream	1 medium packet	1 large packet	
mild chipotle sauce	1 packet	2 packets	
tomato	1	2	
coriander	1 bag	1 bag	
lemon	1/2	1	
Mexican Fiesta spice blend	1 medium sachet	1 large sachet	
shredded Cheddar cheese	1 medium packet	1 large packet	
pickled jalapeños (optional)	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3397kJ (812Cal)	462kJ (110Cal)
Protein (g)	28.6g	3.9g
Fat, total (g)	25.5g	3.5g
- saturated (g)	11.6g	1.6g
Carbohydrate (g)	103.5g	14.1g
- sugars (g)	20.5g	2.8g
Sodium (mg)	2088mg	284mg

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.



Cook the rice

In a medium saucepan, add the water and bring to the boil. Add **basmati rice** and **vegetable stock powder**, stir, cover with a lid and reduce heat to low. Cook for 10 minutes, then remove pan from heat and 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!



Get prepped

SPICY! The chipotle sauce is mild, but use less if you're sensitive to heat! Meanwhile, finely chop garlic. Finely chop capsicum. Grate the carrot. Thinly slice spring onion. Drain and rinse **chickpeas**. Drain the **sweetcorn**. In a small bowl, combine light sour cream and mild chipotle sauce.



Make the salsa

Roughly chop tomato and coriander. Slice lemon into wedges. In a medium bowl, combine tomato, **coriander** and a squeeze of **lemon juice**. Drizzle with olive oil, then toss to combine. Season with salt and pepper to taste.



Cook the veggies

In a large frying pan, heat a drizzle of olive oil over high heat. Cook capsicum and corn, tossing, until almost tender, **3-4 minutes**. Add carrot and chickpeas and cook until softened, 2-3 minutes.



Bring it all together

SPICY! You might find the spice blend hot! Add less if you're sensitive to heat. Add garlic, Mexican Fiesta spice blend and another drizzle of olive oil to the pan and cook, tossing, until fragrant, **1 minute**. Add cooked rice and spring onion and cook, stirring, until tender, 2 minutes. Season to taste.



Serve up

Divide Mexican chickpea fried rice between bowls. Sprinkle with shredded Cheddar cheese and pickled jalapeños (if using). Top with chipotle sour cream and tomato salsa. Serve with any remaining lemon wedges.

Enjoy!

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