



# Mexican Chickpea Fried Rice

with Cheddar, Chipotle Sour Cream & Jalapeños

Grab your Meal Kit with this symbol



Basmati Rice



Vegetable Stock Powder



Garlic



Capsicum



Carrot



Spring Onion



Chickpeas



Sweetcorn



Light Sour Cream



Mild Chipotle Sauce



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)

Naturally Gluten-Free  
*Not suitable for coeliacs*

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

## Ingredients

|                              | 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                        | ½               | 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](https://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](https://hellofresh.com.au/contact)

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## 1 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!



## 4 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**.



## 2 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**.



## 5 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.



## 3 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.



## 6 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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