



Plant-Based 'Beef' Burrito Bowl

with Charred Corn Salsa & Chipotle 'Aioli'

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Brown Onion



Tomato



Baby Spinach Leaves



Sweetcorn



Plant-Based Aioli



Mild Chipotle Sauce



Plant-Based Mince



Tex-Mex Spice Blend



Pickled Jalapeños (Optional)



Beef Mince

Prep in: 15-25 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

Boasting all the best bits you'll find in a burrito, you can't go wrong with this bountiful bowl. The plant-based mince is the MVP - it browns a lot like beef mince would in the pan, and stands up well to the mild Tex-Mex flavours.

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

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
brown onion	1	2
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (300g)
plant-based aioli	1 packet	2 packets
mild chipotle sauce	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
plant-based mince	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	1 large sachet
pickled jalapeños (optional)	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)	3388kJ (810Cal)	706kJ (169Cal)
Protein (g)	25.6g	5.3g
Fat, total (g)	38.9g	8.1g
- saturated (g)	6.2g	1.3g
Carbohydrate (g)	83g	17.3g
- sugars (g)	13.7g	2.9g
Sodium (mg)	1925mg	401mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3480kJ (832Cal)	689kJ (165Cal)
Protein (g)	37.2g	7.4g
Fat, total (g)	39.4g	7.8g
- saturated (g)	9g	1.8g
Carbohydrate (g)	77.6g	15.4g
- sugars (g)	12.5g	2.5g
Sodium (mg)	1402mg	278mg

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.

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1



Make the garlic rice

- Finely chop **garlic**. In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** 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 water is absorbed, **10 minutes** (the rice will finish cooking in it's own steam, so don't peek!).

3



Make the salsa & cook the plant-based mince

- Transfer the **charred corn** to a medium bowl. Add **spinach**, **tomato** and a drizzle of the **white wine vinegar**. Toss to coat, then season with **salt** and **pepper** to taste. Set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **plant-based mince** and **onion**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** *The spice blend and chipotle sauce are mild, but use less if you're sensitive to heat.* Add **Tex-Mex spice blend** and remaining **chipotle sauce** and **garlic**. Cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as above. Drain oil from pan before adding the spice blend.

2



Get prepped

- Finely chop **brown onion**. Roughly chop **tomato** and **baby spinach leaves**. Drain **sweetcorn**.
- In a small bowl, combine **plant-based aioli** and half the **mild chipotle sauce**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.

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

4



Serve up

- Divide garlic rice between bowls.
- Top with plant-based beef, charred corn salsa and **pickled jalapeños** (if using).
- Serve with a dollop of chipotle aioli. Enjoy!

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