



Plant-Based Beef Burrito Bowl

with Charred Corn Salsa & Chipotle Aioli

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Onion



Carrot



Baby Spinach Leaves



Sweetcorn



Mild Chipotle Sauce



Tex-Mex Spice Blend



Plant-Based Mince



Plant-Based Aioli

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

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.

Pantry items

Olive Oil, Plant-Based Butter, Rice Wine Vinegar

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
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (300g)
plant-based aioli	1 medium packet	1 large packet
mild chipotle sauce	1 packet	2 packets
plant-based mince	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3400kJ (813Cal)	711kJ (170Cal)
Protein (g)	25.3g	5.3g
Fat, total (g)	38.9g	8.1g
- saturated (g)	6.3g	1.3g
Carbohydrate (g)	84.3g	17.6g
- sugars (g)	15.2g	3.2g
Sodium (mg)	1763mg	369mg

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.

We're here to help!

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2022 | CW34



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 1/2 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**.

TIP: The rice will finish cooking in its own steam, so don't peek!

3



Finish the salsa & cook the plant-based mince

- Transfer the charred **corn** to a medium bowl. Add **spinach** and a splash of **pickling liquid**. 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 **carrot**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** The spice blend and chipotle 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**.

2



Pickle the onion & get prepped

- Meanwhile, thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add it to the **pickling liquid**. Add enough **water** to just cover **onion**. Set aside.
- Grate **carrot**. Roughly chop **baby spinach leaves**. Drain **sweetcorn**.
- In a small bowl, combine **plant-based aioli** and 1/2 the **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

- Drain pickled onion. Divide garlic rice between bowls.
- Top with plant-based beef, charred corn salsa and pickled onion.
- Serve with a dollop of chipotle aioli. Enjoy!

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