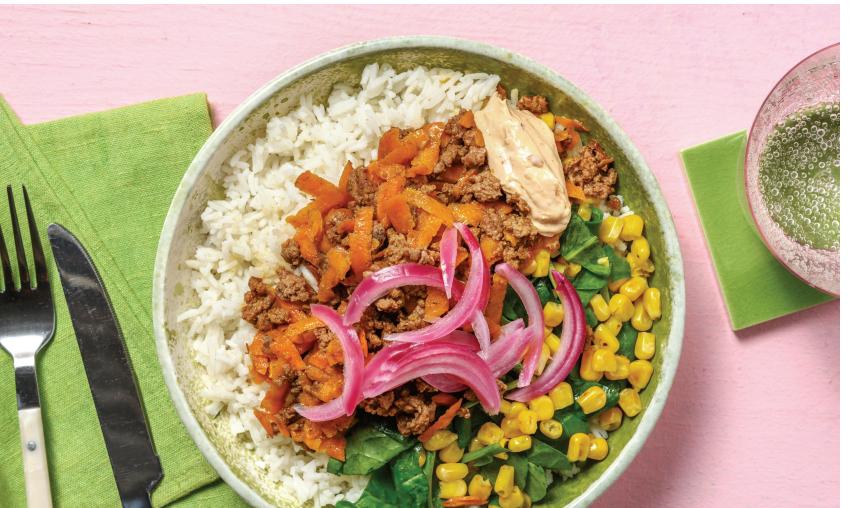
Plant-Based Beef Burrito Bowl

with Charred Corn Salsa & Chipotle Aioli













Red Onion

Carrot





Baby Spinach Leaves

Sweetcorn



Mild Chipotle Sauce

Tex-Mex Spice Blend



Plant-Based

Mince

Plant-Based

Pantry items

Olive Oil, Plant-Based Butter, Rice Wine Vinegar

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



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 in the pan, and stands up well to the mild Tex-Mex flavours.

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	1/2	1
rice wine vinegar*	1⁄4 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
4-		

^{*}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.

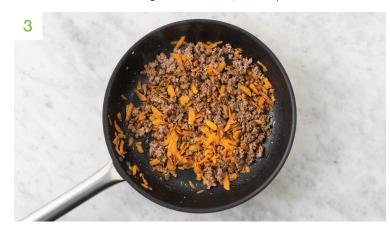
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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.
- 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.



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.



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!



Rate your recipe