

Plant-Based Chickpea Burrito Bowl

with Pickled Onion Salsa & Cheeze

Grab your Meal Kit with this symbol



Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!



Garlic



Basmati Rice



Sweetcorn



Chickpeas



Carrot



Baby Spinach Leaves



Tomato



Red Onion



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Plant-Based Shredded Cheddar Cheese



Shredded Cheddar Cheese

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Calorie Smart*

Naturally Gluten-Free
Not suitable for coeliacs

Plant Based*
**Custom Recipe is not Calorie Smart or Plant Based*

Simmer hearty chickpeas with Tex-Mex spices and our mild chipotle protein that will see everyone wiping their plates clean. Serve over fluffy garlic rice to soak up all the saucy, cheezy deliciousness, and add the finishing touch with a zingy, corn-studded salsa.

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

Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter

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 with a lid or foil

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
sweetcorn	1 tin (125g)	1 tin (300g)
chickpeas	1 tin	2 tins
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
red onion	1	2
white wine vinegar*	1 tbs	2 tbs
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 sachets
mild chipotle sauce	½ packet	1 packet
water* (for the chickpeas)	½ cup	¾ cup
plant-based butter*	20g	40g
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2627kJ (628Cal)	441kJ (105Cal)
Protein (g)	20.6g	3.5g
Fat, total (g)	14.2g	2.4g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	106.9g	17.9g
- sugars (g)	19.5g	3.3g
Sodium (mg)	1745mg	293mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2994kJ (716Cal)	502kJ (120Cal)
Protein (g)	26.7g	4.5g
Fat, total (g)	17.9g	3g
- saturated (g)	8.2g	1.4g
Carbohydrate (g)	101.4g	17g
- sugars (g)	19.5g	3.3g
Sodium (mg)	1356mg	227mg

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!

Scan here if you have any questions or concerns

2022 | CW24



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Reduce heat to low, then 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!

4



Cook the carrot

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, stirring, until tender, **2-3 minutes**.

2



Get prepped

- While the rice is cooking, drain **sweetcorn**. Drain and rinse **chickpeas**. Grate **carrot**. Set aside.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- While the corn is cooking, roughly chop **baby spinach leaves** and **tomato**. Thinly slice **red onion**.

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

5



Bring it all together

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **Tex-Mex spice blend**, **tomato paste** and remaining **garlic** to the pan and cook until fragrant, **1-2 minutes**.
- Stir in the **chickpeas**, **mild chipotle sauce** (see ingredients), the **water (for the chickpeas)** and the **plant-based butter**. Simmer until slightly thickened, **1-2 minutes**.
- Season, then sprinkle evenly with **plant-based shredded Cheddar cheese**. Cover with a lid or foil until cheese is slightly melted, **2-3 minutes**.

Custom Recipe: If you've swapped to shredded Cheddar cheese, sprinkle it over the beans in the same way as above.

3



Make the salsa

- In a small heatproof bowl, combine **onion**, the **white wine vinegar**, a splash of **water** and a good pinch of **sugar** and **salt**.
- Microwave **pickled onion mixture** in **30 second** bursts until softened.
- To the bowl with the charred **corn**, add **pickled onion**, the **spinach** and **tomato**. Drizzle with **olive oil**. Toss to combine. Season with **salt** and **pepper** to taste.

6



Serve up

- Divide garlic rice between bowls. Top with chickpeas.
- Serve with pickled onion salsa. Enjoy!

Rate your recipe

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