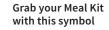


# Plant-Based Bean Burrito Bowl

with Charred Corn Salsa, 'Cheeze' & Pickled Onion

CLIMATE SUPERSTAR













Sweetcorn



Beans

Carrot











**Red Onion** 



Tex-Mex



Tomato Paste

Spice Blend





Mild Chipotle Sauce

**Grated Cheese** 



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

Plant Based\*



\*Custom Recipe is not Calorie Smart or Plant-Based Simmer hearty kidney beans with Tex-Mex spices and our mild chipotle sauce, and you'll have a plant-based protein that will see everyone wiping their plates clean. Serve over fluffy garlic rice to soak up all the saucy, cheezy deliciousness.



Olive Oil, White Wine Vinegar, Brown Sugar, Plant-Based Butter

# 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
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
sweetcorn	1 tin (125g)	1 tin (300g)
red kidney beans	1 packet	2 packets
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	1 packet
mild chipotle sauce	½ packet	1 packet
water* (for the beans)	⅓ cup	⅔ cup
brown sugar*	½ tsp	1 tsp
plant-based butter*	20g	40g
plant-based grated cheese	1 packet	2 packets
shredded Cheddar cheese**	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2705kJ (647Cal)	467kJ (112Cal)
Protein (g)	20.3g	3.5g
Fat, total (g)	11.4g	2g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	106.5g	18.4g
- sugars (g)	20.6g	3.6g
Sodium (mg)	1538mg	266mg
Overhaus Desires		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (687Cal)	492kJ (118Cal)
Protein (g)	24.9g	4.3g
Fat, total (g)	15.9g	2.7g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	102g	17.5g
- sugars (g)	20.6g	3.5g
Sodium (mg)	1157mg	198mg

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.



# Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat a drizzle of **olive** oil over medium heat. Cook half 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!



# Cook the carrot

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



# Get prepped

- While the rice is cooking, drain **sweetcorn**.
- Drain and rinse red kidney beans. 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.



# 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 the pickled onion mixture in 30 second bursts, until softened.
- To the bowl with the charred corn, add spinach and tomato. Drizzle with olive oil. Toss to combine. Season with **salt** and **pepper** to taste.



# 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 and cook until fragrant, 1-2 minutes.
- · Stir in kidney beans, mild chipotle sauce (see ingredients), the water (for the beans), the brown sugar and the plant-based butter. Simmer until slightly thickened, 1-2 minutes.
- Season, then sprinkle evenly with plant-based grated 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.



# Serve up

- Divide garlic rice between bowls. Top with beans.
- · Serve with charred corn salsa.
- · Top with pickled onion to serve. Enjoy!

