



Plant-Based Bean Burrito Bowl

with Radish Salsa, Smokey Aioli & Pickled Onion

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Kidney Beans



Carrot



Tomato



Red Onion



Red Radish



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Plant-Based Smokey Aioli

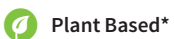


Beef Mince

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



**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 deliciousness.

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

Pantry items

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
red kidney beans	1 medium packet	2 medium packets
carrot	1	2
tomato	1	2
red onion	1	2
red radish	1	2
white wine vinegar*	1 tbs	2 tbs
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
mild chipotle sauce	½ medium packet	1 medium packet
water* (for the beans)	⅓ cup	⅔ cup
brown sugar*	½ tsp	1tsp
plant-based butter*	10g	20g
plant-based smokey aioli	1 medium packet	2 medium packets
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (630Cal)	562kJ (134Cal)
Protein (g)	16.9g	3.6g
Fat, total (g)	20g	4.3g
- saturated (g)	2.2g	0.5g
Carbohydrate (g)	93g	19.8g
- sugars (g)	17.7g	3.8g
Sodium (mg)	942mg	201mg
Dietary Fibre (g)	23.4g	5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3580kJ (856Cal)	603kJ (144Cal)
Protein (g)	44.5g	7.5g
Fat, total (g)	32.9g	5.5g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	93g	15.7g
- sugars (g)	17.7g	3g
Sodium (mg)	1016mg	171mg
Dietary Fibre	23.4g	3.9g

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.

1



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!

4



Cook the carrot

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, stirring, until tender, **2-3 minutes**.

Custom Recipe: Cook beef mince with the carrot (no need for oil), breaking up with a spoon, until browned and cooked through, 3-4 minutes.

2



Get prepped

- While the rice is cooking, drain and rinse **red kidney beans**.
- Grate **carrot**.
- Roughly chop **tomato**.
- Thinly slice **red onion** and **red radish**.

Custom Recipe: If you've added beef mince, drain and rinse only half the red kidney beans.

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** and cook until fragrant, **1-2 minutes**.
- Stir in **kidney beans**, **mild chipotle sauce** (see ingredients), the **water (for the beans)**, **brown sugar** and **plant-based butter**. Simmer until slightly thickened, **1-2 minutes**.
- Season to taste.

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 the **pickled onion mixture** in **30 second** bursts, until softened.
- In a medium bowl, add **radish** 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 beans, radish-tomato salsa and pickled onion.
- Serve with **plant-based smokey aioli**. Enjoy!

Custom Recipe: Top garlic rice with beef, beans, radish-tomato salsa and pickled onion.

We're here to help!

Scan here if you have any questions or concerns

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