



CAULIFLOWER BURRITO BOWL

with Charred Corn Salsa & Lime Crema



Make a veggie burrito bowl!



Cauliflower



Tex-Mex
Spice Blend



Garlic



Basmati Rice



Lime



Sour Cream



Corn



Tomato



Coriander



Fetta

 Hands-on: **20-30** mins
Ready in: **40-50** mins
 Naturally gluten-free
Not suitable for Coeliacs

Try this twist on a burrito bowl, with spiced roasted cauliflower and classic Mexican sides topping a generous serve of our fragrant garlic rice. It's a delicious way to explore the versatility of veggies!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **medium frying pan**



1 ROAST THE CAULIFLOWER

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Place the **cauliflower** and **Tex-Mex spice blend** on an oven tray lined with baking paper. **Drizzle generously** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



2 COOK THE GARLIC RICE

While the cauliflower is roasting, finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, the **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** The rice will finish cooking in its own steam so don't peek!



4 CHAR THE CORN

Slice the kernels off the **corn** cob. Heat a medium frying pan over a high heat. Add the corn kernels and cook, stirring occasionally, until charred, **4-5 minutes**. **TIP:** Cover the pan with a lid if the kernels are "popping" out. Transfer to a medium bowl.



5 MAKE THE SALSA

Finely chop the **tomato**. Roughly chop the **coriander**. To the bowl with the corn, add the **tomato** and **1/2** the **coriander**. Add a **squeeze** of **lime juice** and a **drizzle** of **olive oil**. Season to taste with **salt** and **pepper** and mix well. **TIP:** Seasoning is key in salsa, so taste and season with more salt, pepper or lime juice if needed.



3 MAKE THE LIME CREMA

Zest the **lime** (see ingredients list) to get a **good pinch**, then slice into wedges. In a small bowl, combine the **sour cream**, **lime zest** and a **squeeze** of **lime juice**. Season to taste with **salt** and **pepper** and set aside. **TIP:** Add as much or as little lime zest as you like depending on your taste.



6 SERVE UP

Divide the garlic rice between bowls. Top with the roasted cauliflower, charred corn salsa and the lime crema. Crumble over the **fetta**. Garnish with the remaining coriander.

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
Tex-Mex spice blend	1 sachet	2 sachets
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
lime	½	1
sour cream	1 packet (100g)	1 packet (200g)
corn	1	2
tomato	1	2
coriander	1 bag	1 bag
fetta	1 block (50g)	1 block (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2920kJ (697Cal)	613kJ (146Cal)
Protein (g)	23.1g	4.9g
Fat, total (g)	30.8g	6.5g
- saturated (g)	19.2g	4.0g
Carbohydrate (g)	77.4g	16.3g
- sugars (g)	10.3g	2.2g
Sodium (g)	1240mg	260mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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