



# Chickpea & Veggie Burrito Bowl

with Garlic Rice, Salsa & Cheddar

Grab your Meal Kit  
with this symbol



Sweet Potato



Onion



Garlic



Basmati Rice



Sweetcorn



Chickpeas



Cucumber



Lemon



Light Sour Cream



Tomato Paste



Tex-Mex Spice Blend



Vegetable Stock Powder



Herbs



Tomato Salsa



Shredded Cheddar Cheese



Pulled Pork



Hands-on: **20-30 mins**



Ready in: **30-40 mins**



Naturally Gluten-Free

*Not suitable for coeliacs*



**CUSTOM RECIPE**

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

What do you get when you load up fluffy garlic rice with all the best veggie burrito fillings? Your new go-to meal! From the slight chew of the Tex-Mex chickpeas to the crunch from the cucumber and creaminess from the light sour cream, this dish nails it in the flavour and texture department. Sprinkle with herbs to bring out the fresh flavours of the dish.

## Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
onion	1	2
garlic	3 cloves	6 cloves
butter*	20g	40g
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
cucumber	1	2
lemon	½	1
light sour cream	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	1 large sachet
water* (for the sauce)	1 cup	2 cups
vegetable stock powder	½ medium sachet	1 medium sachet
herbs	1 bag	1 bag
tomato salsa	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
pulled pork**	1 packet (200g)	1 packet (400g)

\*Pantry items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3934kJ (940Cal)	539kJ (129Cal)
Protein (g)	29.4g	4g
Fat, total (g)	34g	4.7g
- saturated (g)	17.1g	2.3g
Carbohydrate (g)	117.3g	16.1g
- sugars (g)	23.5g	3.2g
Sodium (mg)	1647mg	226mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4622kJ (1105Cal)	557kJ (133Cal)
Protein (g)	45.1g	5.4g
Fat, total (g)	45.1g	5.4g
- saturated (g)	21.4g	2.6g
Carbohydrate (g)	117.9g	14.2g
- sugars (g)	24g	2.9g
Sodium (mg)	2612mg	315mg

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

If you have any questions or concerns, please visit

[hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Roast the veggies

Preheat oven to **220°C/200°C fan-forced**. Cut **sweet potato** into small chunks. Cut **onion** into thick wedges. Spread prepped **veggies** out on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

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## Prep the toppings

Heat a large frying pan over high heat. Cook **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl. Add **cucumber** and a squeeze of **lemon juice** (add more or less lemon juice to suit your taste). Toss to combine. Season, then set aside. In a small bowl, combine **light sour cream** and **lemon zest**. Season with **salt**.

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

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## Make the garlic rice

Meanwhile, finely chop **garlic**. In a medium saucepan, melt the **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 (for the rice)** 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 the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

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## Make the Tex-Mex chickpeas

**SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Return frying pan to medium heat with a drizzle of **olive oil**. Cook **tomato paste**, **chickpeas**, **Tex-Mex spice blend** and remaining **garlic**, tossing, until fragrant, **1-2 minutes**. Add the **water (for the sauce)** and **vegetable stock powder** (see ingredients). Bring to a simmer and cook until tender, **3-4 minutes**. If mixture looks too thick, add a splash more **water**. Remove from heat. Lightly crush **chickpeas**. Stir through roasted **veggies**. Season to taste.

### CUSTOM RECIPE

If you've added pulled pork, add it to the pan along with the chickpeas. Continue with the step, as above.

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## Get prepped

While rice is cooking, drain **sweetcorn**. Drain and rinse **chickpeas**. Finely chop **cucumber**. Zest **lemon** to get a generous pinch, then slice into wedges.

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## Serve up

Roughly chop **herbs**. Divide garlic rice between bowls. Top with Tex-Mex chickpeas, corn salsa, sour cream and **tomato salsa**. Sprinkle with **shredded Cheddar cheese**. Garnish with herbs. Serve with any remaining lemon wedges.

## Enjoy!

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