



# Mexican Bean & Corn Burrito Bowl

with Garlic Rice & Guacamole



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Onion



Corn



Red Kidney Beans



Tomato



Coriander



Spring Onion



Avocado



Lemon



Mexican Fiesta Spice Blend



Enchilada Sauce



Greek Yoghurt

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Spicy (Mexican Fiesta spice blend)

Naturally gluten-free  
*Not suitable for Coeliacs*

Tonight, put together a bountiful bowl full of Mexican flavours! With spiced beans, zingy guacamole, charred corn and fragrant rice, every bite of this bright meal is as good as the next!

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

## 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

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
water* (for the onion)	¼ cup	½ cup
corn	1 cob	2 cobs
red kidney beans	1 tin	2 tins
tomato	1	2
coriander	1 bag	1 bag
spring onion	1 bunch	1 bunch
avocado	1	2
lemon	½	1
Mexican Fiesta spice blend	½ sachet	1 sachet
enchilada sauce	1 sachet (150g)	1 sachet (300g)
Greek yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3498kJ (836Cal)	504kJ (120Cal)
Protein (g)	20.8g	3g
Fat, total (g)	34.2g	4.9g
- saturated (g)	10.5g	1.5g
Carbohydrate (g)	97g	14g
- sugars (g)	19.2g	2.8g
Sodium (mg)	1228mg	177mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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 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 golden and fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)**, and **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

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until charred, **4-5 minutes**. Transfer to a bowl.

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



## 2. Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **vinegar**, the **water (for the onion)** and a **generous pinch** of **salt** and **sugar**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until just before serving.



## 5. Make the saucy beans

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **red kidney beans** and **Mexican Fiesta spice blend** (see ingredients list) and cook, stirring, until coated and fragrant, **1-2 minutes**. Add the **enchilada sauce** and simmer until heated through, **2 minutes**. Season to taste.



## 3. Get prepped

Slice the **corn kernels** off the cob. Drain and rinse the **red kidney beans**. Finely chop the **tomato**. Roughly chop the **coriander**. Thinly slice the **spring onion**. Scoop out the **avocado** flesh using a spoon and mash in a medium bowl. Add the **tomato**, **1/2** the **coriander**, a **good squeeze** of **lemon juice** and a **drizzle** of **olive oil** to the **avocado**. Stir until smooth and well combined. Season to taste with **salt** and **pepper**. Slice any **remaining lemon** into wedges.



## 6. Serve up

Drain the pickled onion. Stir the spring onion through the rice and divide the rice and saucy beans between bowls. Add a helping of the guacamole and a dollop of **Greek yoghurt** to each bowl and top with the charred corn, pickled onion and remaining coriander. Serve with the remaining lime wedges.

**Enjoy!**