



# Tex-Mex Chickpea & Rice Bowl with Salsa & Fetta

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2689kJ (643Cal) | Protein 23g | Fat, total 24.2g - saturated 5.9g | Carbohydrate 73.1g - sugars 15.9g | Sodium 1831mg  
The quantities provided above are averages only.

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2023 | WK09 | V





# Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Smokey Aioli	1 medium pkt	1 large pkt
Fetta Cubes	1 large pkt	2 large pkts

## 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.

## 1. Chop



Lime



Cucumber



Capsicum

## 2. Sizzle



Sweetcorn



Chickpeas



Tex-Mex Spice Blend



Vegetable Stock Powder



Tomato Paste

## 3. Zap



Microwavable Basmati Rice



Smokey Aioli



Coriander



Fetta Cubes

- Cut **lime** into wedges
- Roughly chop **cucumber**, then transfer to a bowl. Add a good squeeze of **lime juice**. Drizzle with **olive oil**, then season and toss
- Thinly slice **capsicum**

- Heat a frying pan over high heat with a drizzle of **olive oil**
- Drain **corn** (1/2 large tin for 2P / 1 large tin for 4P) and **chickpeas**
- Cook **chickpeas, corn** and **capsicum** until browned, **2-3 mins**
- Add **spice blend, stock powder, tomato paste** and a good dash of **water**. Cook, tossing, until browned, **1-2 mins**. Season to taste, then remove from heat

- Heat **basmati rice** in microwave until steaming, **2-3 mins**
- Add **rice** to **chickpea** pan, tossing to coat
- Plate up **Tex-Mex chickpeas** and **rice**. Top with **cucumber salsa**
- Drizzle with **smokey aioli**, tear over **coriander** and crumble over **fetta**
- Serve with remaining **lime**



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