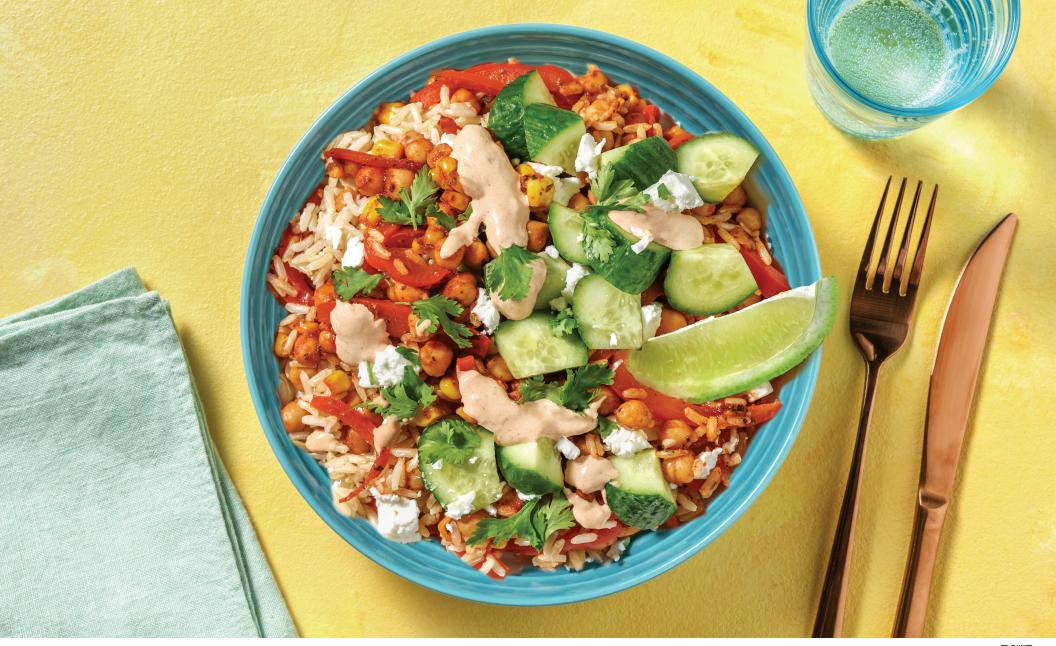


Tex-Mex Chickpea & Rice Bowl with Salsa & Fetta

FRESH & FAST Box to plate: 15 mins





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.

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 Frving Pan

From the pantry



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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



• Cut lime into wedges

• Thinly slice **capsicum**

transfer to a bowl. Add a good

olive oil, then season and toss

squeeze of lime juice. Drizzle with





• Heat a frying pan over high heat with a drizzle of **olive oil** • Roughly chop **cucumber**, then

- 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

Fetta Cubes

- 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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