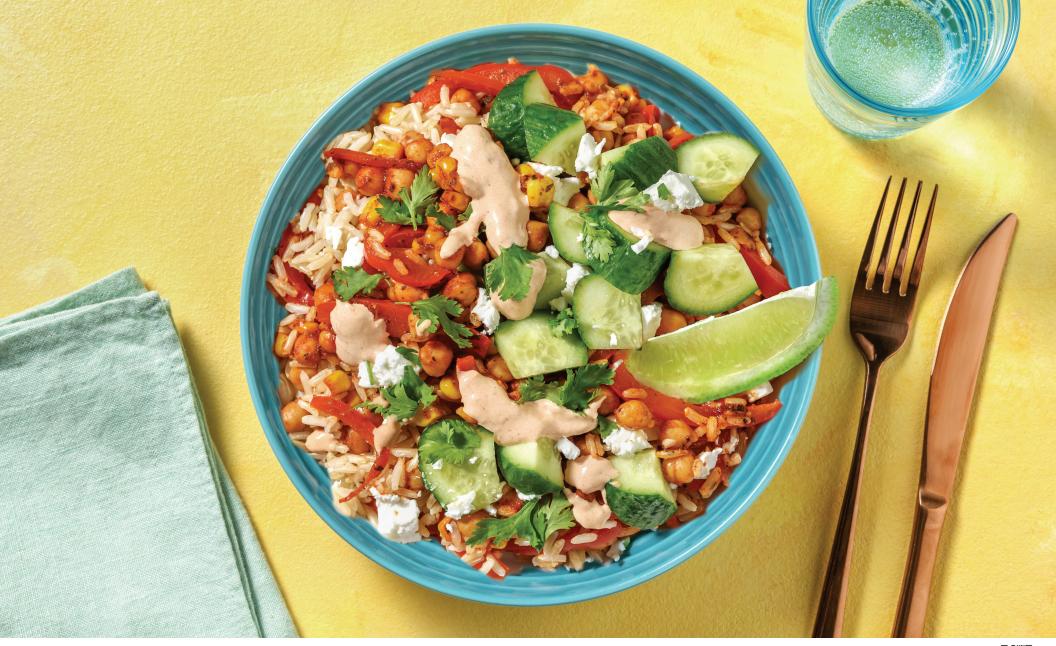


Tex-Mex Chickpea & Rice Bowl with Salsa & Fetta

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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