



Mexican Smashed Chickpea & Garlic Rice

with Toasted Pumpkin Seeds & Pickled Onion Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Pumpkin Seeds (Pepitas)



Sweetcorn



Cucumber



Baby Leaves



Chickpeas



Mexican Fiesta Spice Blend



Tomato Paste



Plant-Based Mayo



Coriander



Beef Mince

Prep in: 25-25 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

Don't be fooled by the 'smashed' in our Mexican smashed chickpea bowl, this dish is tranquil and easy, perfect for any hectic weekday night. Soothing rice soaks up an ensemble of tastes from the pickled onion, spiced chickpeas and toasted pumpkin seeds. So don't worry, you can sit back and relax into dinner tonight.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|--|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| jasmine rice | 1 medium packet | 1 large packet |
| water* (for the rice) | 1¼ cups | 2½ cups |
| onion | ½ | 1 |
| vinegar* (white wine or rice wine) | ¼ cup | ½ cup |
| pumpkin seeds (pepitas) | 1 medium packet | 1 large packet |
| sweetcorn | 1 medium tin | 2 medium tins |
| cucumber | 1 (medium) | 1 (large) |
| baby leaves | 1 small packet | 1 medium packet |
| chickpeas | 1 tin | 2 tins |
| Mexican Fiesta spice blend 🌶️ | 1 medium sachet | 1 large sachet |
| tomato paste | 1 packet | 2 packets |
| brown sugar* | 1 tsp | 2 tsp |
| water* (for the sauce) | ½ cup | 1 cup |
| plant-based mayo | 1 medium packet | 1 large packet |
| coriander | 1 packet | 1 packet |
| beef mince** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2960kJ (707Cal) | 489kJ (117Cal) |
| Protein (g) | 24.2g | 4g |
| Fat, total (g) | 18.1g | 3g |
| - saturated (g) | 2.5g | 0.4g |
| Carbohydrate (g) | 105.4g | 17.4g |
| - sugars (g) | 15.8g | 2.6g |
| Sodium (mg) | 1117mg | 184mg |
| Dietary Fibre (g) | 19.8g | 3.3g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4156kJ (993Cal) | 569kJ (136Cal) |
| Protein (g) | 52.8g | 7.2g |
| Fat, total (g) | 35.8g | 4.9g |
| - saturated (g) | 10.4g | 1.4g |
| Carbohydrate (g) | 105.4g | 14.4g |
| - sugars (g) | 15.8g | 2.2g |
| Sodium (mg) | 1169mg | 160mg |
| Dietary fibre | 19.8g | 2.7g |

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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 **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, **water (for the rice)** and a pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Add **jasmine rice**, **water (for the rice)** and a 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 and keep covered until rice is tender and water is absorbed, **10 minutes**.

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



4 Cook the chickpeas

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chickpeas**, tossing occasionally, until golden, **2-3 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **Mexican Fiesta spice blend**, **tomato paste** and the remaining **garlic**, and cook until fragrant, **1-2 minutes**.
- Add the **brown sugar** and **water (for the sauce)**, then simmer until thickened, **1-2 minutes**.
- Lightly mash **chickpeas** with fork or potato masher until some of them have broken up and the sauce has thickened. Season to taste.

Custom Recipe: Return beef mince to pan with spice blend and tomato paste.



2 Pickle the onion

- Meanwhile, thinly slice **onion** (see ingredients).
- In a small bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Scrunch **onion** in your hands, then add to **pickling liquid** with just enough **water** to cover the onion. Set aside.
- Meanwhile, heat a large frying pan over medium-high heat. Toast **pumpkin seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Set aside.



5 Make the salsa

- Drain pickled **onion**.
- Add pickled **onion** to the bowl of **charred corn**, along with **cucumber** and a drizzle of **olive oil**. Season to taste and toss to combine.



3 Get prepped

- Drain **sweetcorn**. Finely chop **cucumber**. Roughly chop **baby leaves**. Drain and rinse **chickpeas**.
- Return frying pan to high heat. Cook **corn** until browned, **4-5 minutes**. Transfer to a medium bowl.

Custom Recipe: If you've added beef mince, drain, rinse and use half the chickpeas. Return pan to high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes. Transfer to a bowl and set aside.



6 Serve up

- Stir baby leaves through garlic rice.
- Divide rice between bowls. Top with Mexican smashed chickpeas, pickled onion salsa and **plant-based mayo**.
- Sprinkle over toasted pumpkin seeds and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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