

Mexican Smashed Chickpea & Garlic Rice

with Toasted Pumpkin Seeds & Pickled Onion Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol







Garlic





Pumpkin Seeds (Pepitas)





Sweetcorn

Baby Leaves

Cucumber



Chickpeas





Mexican Fiesta Spice Blend Tomato Paste



- Color

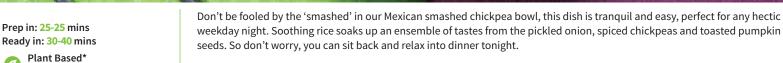


Coriander



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

 ${\sf Medium\ saucepan} \cdot {\sf Large\ frying\ pan}$

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	1/2	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

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.



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.
- 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!



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.



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.



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.



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.



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!



2