



Roasted Cauliflower Burrito Rice Bowl

with Corn Salsa, Avocado & Lemon Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Mexican Fiesta Spice Blend



Corn



Garlic



Brown Onion



Basmati Rice



Avocado



Tomato



Baby Spinach Leaves




Lemon



Greek-Style Yoghurt

 Hands-on: **20-30 mins**
 Ready in: **40-50 mins**

 Spicy (Mexican Fiesta spice blend)

Try this twist on a burrito bowl, with spiced and roasted cauliflower, plus classic Mexican sides topping a generous serve of our aromatic garlic rice. It's the ideal recipe to try something new and taste just how versatile veggies can be!

Pantry items

Olive Oil, Butter

Before you start

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 will need

Oven tray lined with baking paper · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
Mexican Fiesta spice blend	1 sachet	1 sachet
corn	1	2
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
avocado	1	2
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3394kJ (811Cal)	511kJ (122Cal)
Protein (g)	18.5g	2.8g
Fat, total (g)	43.2g	6.5g
- saturated (g)	13.6g	2g
Carbohydrate (g)	86.1g	13g
- sugars (g)	17g	2.6g
Sodium (mg)	1039mg	156mg

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.



Roast the cauliflower & corn

SPICY! The spice blend is hot, use less if you're sensitive to heat. Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Place the **cauliflower** and **Mexican Fiesta spice blend** on an oven tray lined with baking paper. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Place the **corn** cob on the oven tray and drizzle with **olive oil**. Roast until tender, **20-25 minutes**.

TIP: Cut the cauliflower to size so it cooks in time.



Make the lemon yoghurt

In a small bowl, combine the **Greek-style yoghurt** and **lemon zest**. Season to taste and set aside.



Cook the garlic rice

While the veggies are roasting, finely chop the **garlic**. Finely chop the **brown onion**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **onion** until starting to soften, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, the **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Make the salsa

When the **corn** is done, allow to cool slightly, then slice the kernels from the cob. In a medium bowl, combine the charred **corn**, **tomato** and **baby spinach**. Add a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste and mix well.



Get prepped

While the rice is cooking, scoop out the flesh of the **avocado**, then thinly slice. Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a pinch, then slice into wedges.



Serve up

Divide the garlic rice, avocado and corn salsa between bowls. Top with the roasted cauliflower and lemon yoghurt. Serve with any remaining lemon wedges.

Enjoy!