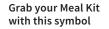


Hands-on: 20-30 mins

Ready in: 30-40 mins

# Mexican Chickpea Rice Bowl

with Zesty Sour Cream, Salsa & Cheddar Cheese









Jasmine Rice



Sweetcorn



Tomato



Chickpeas



Herbs



Sour Cream



Tomato Paste



Recipe Update The current labour shortages have impacted

availability of ingredients

across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be

just as delicious!

Tex-Mex



Spice Blend



Shredded Cheddar Cheese



Powder

It's a veggie party tonight and there's a stellar lineup. We're bringing the roasted kumara, sweetcorn and veggies to the table. The real stars tonight are the Mexican-spiced chickpeas cooled off with sour cream and garlic rice. You'll be enjoying this celebration of veggie flavour until the bowl is empty.

**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 · Large frying pan

### Ingredients

<b>-</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
sweetcorn	½ tin	1 tin
chickpeas	1 tin	2 tins
tomato	1	2
cucumber	1 (medium)	1 (large)
herbs	1 bag	1 bag
lime	1/2	1
sour cream	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
Tex-Mex spice blend	1 sachet	1 sachet
water* (for the sauce)	1 cup	2 cups
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
shredded Cheddar cheese**	1 packet (50g)	1 packet (100g)
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<sup>\*</sup>Pantry Items \*\* Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4114kJ (983Cal)	<b>581kJ</b> (139Cal)
Protein (g)	30.1g	4.3g
Fat, total (g)	36.3g	5.1g
- saturated (g)	19.2g	2.7g
Carbohydrate (g)	118.4g	16.7g
- sugars (g)	23g	3.2g
Sodium (mg)	1589mg	224mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4561kJ (1090Cal)	<b>622kJ</b> (149Cal)
Protein (g)	35.9g	4.9g
Fat, total (g)	45.6g	6.2g
- saturated (g)	24.8g	3.4g
Carbohydrate (g)	118.4g	16.2g
- sugars (g)	23g	3.1g
Sodium (mg)	1762mg	240mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW21



# Roast the veggies

Preheat oven to 220°C/200°C fan-forced. Cut kumara into bite-sized chunks. Cut onion into wedges. Place **kumara** and **onion** on a lined oven tray. Drizzle with olive oil and season with salt and pepper Toss to coat, then roast until tender, 20-25 minutes.



# Make the garlic rice

While the veggies are roasting, finely chop garlic. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the garlic until fragrant, 1-2 minutes. Add jasmine rice, water (for the rice) and a pinch of salt, stir, and bring to the boil. Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

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



# Get prepped

While the rice is cooking, drain **sweetcorn** (see ingredients). Drain and rinse chickpeas. Roughly chop tomato, cucumber and herbs. Zest lime to get a generous pinch, then slice into wedges.



### Make the salsa

Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes. Set aside to cool in a medium bowl. To the bowl with the sweetcorn, add tomato, cucumber, a generous squeeze of lime juice and a pinch of salt and pepper and toss to combine. In a small bowl, combine **sour cream**, **lime zest** and a pinch of salt.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.

TIP: Add more or less lime juice to taste.



# Make the Mexican chickpeas

Return the frying pan to medium heat with a drizzle of olive oil. Cook tomato paste, chickpeas, Tex-Mex spice blend and remaining garlic, tossing, until fragrant, 1-2 minutes. Add the water (for the sauce), vegetable stock powder, then bring to a simmer, cook until tender, 3-4 minutes. Using a potato masher or a fork, lightly crush chickpeas. Stir through **roasted veggies** then season to taste.

TIP: Add a splash more water if the sauce looks too thick.



## Serve up

Divide garlic rice between bowls. Top with Mexican chickpeas and veggies, salsa and zesty sour cream. Sprinkle over **shredded Cheddar cheese**. Garnish with herbs and serve with any remaining lime wedges.

#### **CUSTOM RECIPE**

If you've added extra shredded Cheddar cheese sprinkle over the bowl to serve.

Enjoy!