

# Mexican Chickpea Rice Bowl

with Zesty Sour Cream, Salsa & Cheddar Cheese



**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!

Grab your Meal Kit with this symbol



Kumara



Onion



Garlic



Jasmine Rice



Sweetcorn



Chickpeas



Tomato



Cucumber



Herbs



Lime



Sour Cream



Tomato Paste



Tex-Mex Spice Blend



Vegetable Stock Powder



Shredded Cheddar Cheese



Shredded Cheddar Cheese

**Pantry items**

Olive Oil, Butter

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

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.



## 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

	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	½	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)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4114kJ (983Cal)	581kJ (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)	622kJ (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](https://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](https://hellofresh.co.nz/contact)

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## 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 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 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!



## 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.



## 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.



## 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!