



# Mexican Smashed Chickpea Rice Bowl

with Toasted Pumpkin Seeds & Avocado Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Onion



Pumpkin Seeds (Pepitas)



Avocado



Tomato



Coriander



Baby Spinach Leaves



Chickpeas



Mexican Fiesta Spice Blend



Tomato Paste



Sour Cream



Shredded Cheddar Cheese

Hands-on: 25-35 mins  
Ready in: 35-45 mins

Spicy (Mexican Fiesta spice blend)

Say hello to the king of veggie burrito bowls! There's nutrient-packed chickpeas that are wholesome and filling, garlic rice and avocado salsa, plus a sublime helping of cheesy goodness and a sprinkling of toasted pumpkin seeds for extra crunch. Enjoy!

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar

## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	40g	80g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
red onion	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
water* (for the onion)	¼ cup	½ cup
pumpkin seeds (pepitas)	1 packet	2 packets
avocado	½	1
tomato	1	2
coriander	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
chickpeas	1 tin	2 tins
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	¾ packet	1½ packets
water* (for the sauce)	¾ cup	1½ cups
sour cream	1 small packet	1 large packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4517kJ (1079Cal)	823kJ (196Cal)
Protein (g)	32g	5.8g
Fat, total (g)	60.6g	11g
- saturated (g)	28.4g	5.2g
Carbohydrate (g)	97.8g	17.8g
- sugars (g)	13.1g	2.4g
Sodium (mg)	1388mg	253mg

## 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.



## Cook the rice

Finely chop the **garlic**. In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** 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!



## Cook the chickpeas

**SPICY!** The spice blend is hot, use less if you're sensitive to heat. Return the frying pan to a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, add the **chickpeas** and cook, tossing occasionally, until golden, **2-3 minutes**. Add the remaining **garlic**, the **Mexican Fiesta spice blend** (see ingredients), **tomato paste** (see ingredients) and remaining **butter** and cook until fragrant, **1 minute**. Add the **water (for the sauce)**, then simmer until thickened, **2-3 minutes**.



## Pickle the onion

While the rice is cooking, thinly slice the **red onion**. In a small bowl, combine the **rice wine vinegar**, **water (for the onion)** and a generous pinch of **salt** and **sugar**. Scrunch the **onion** in your hands, then add to the pickling liquid. Set aside until serving.



## Mash the chickpeas

Using a potato masher or fork, lightly mash the **chickpeas** until some of them have broken up and the sauce has thickened. Season to taste.

**TIP:** Add a splash more water if the chickpea mixture looks too thick.



## Get prepped

Heat a large frying pan over a medium-high heat. Add the **pumpkin seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Scoop the flesh out of the **avocado** (see ingredients) and cut into 1cm cubes. Roughly chop the **tomato** and **coriander**. In a medium bowl, add the **avocado**, **tomato** and **coriander**. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to combine, then set aside. Roughly chop the **baby spinach leaves**. Drain and rinse the **chickpeas**.



## Serve up

Drain the pickled onion. Stir the baby spinach through the rice, then divide between bowls. Top with the Mexican smashed chickpeas, avocado salsa, pickled onion and **sour cream**. Sprinkle over the **shredded Cheddar cheese** and toasted pumpkin seeds.

## Enjoy!