



# Mexican Smashed Chickpea Rice Bowl

with Toasted Pumpkin Seeds & Charred Corn Salsa

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Red Onion



Sweetcorn



Pumpkin Seeds  
(Pepitas)



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 charred corn 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
sweetcorn	½ tin	1 tin
pumpkin seeds (pepitas)	1 packet	1 packet
tomato	1	2
coriander	1 bag	1 bag
baby spinach leaves	1 bag (30g)	1 bag (60g)
chickpeas	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water* (for the sauce)	¾ cup	1½ cups
sour cream	1 medium packet	1 large packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4055kJ (969Cal)	710kJ (169Cal)
Protein (g)	30g	5.3g
Fat, total (g)	49.6g	8.7g
- saturated (g)	25.6g	4.5g
Carbohydrate (g)	96.7g	16.9g
- sugars (g)	12.2g	2.1g
Sodium (mg)	1503mg	263mg

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.

1



## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** 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!

4



## 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 drizzle of **olive oil**. When the oil is hot, cook the **chickpeas**, tossing occasionally, until golden, **2-3 minutes**. Add the **Mexican Fiesta spice blend**, **tomato paste**, remaining **garlic** and remaining **butter** and cook until fragrant, **1 minute**. Add the **water (for the sauce)** and simmer until thickened, **2-3 minutes**.

2



## Pickle the onion

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

5



## 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.

3



## Get prepped

Drain the **sweetcorn** (see ingredients). Heat a large frying pan over a medium-high heat. Toast the **pumpkin seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Set aside. Return the frying pan to a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl. Finely chop the **tomato** and **coriander**. Add the **tomato**, **coriander** and a drizzle of **olive oil** to the **charred corn**, then season with **salt** and **pepper**. Toss to combine and set aside. Roughly chop the **baby spinach leaves**. Drain and rinse the **chickpeas**.

6



## Serve up

Drain the pickled onion. Stir the baby spinach through the garlic rice. Divide rice between bowls. Top with the Mexican smashed chickpeas, charred corn salsa, pickled onion and **sour cream**. Sprinkle over the **shredded Cheddar cheese** and toasted pumpkin seeds to serve.

## Enjoy!