



Mexican Smashed Bean Rice Bowl

with Cucumber Salsa & Pickled Onion

Grab your meal kit with this number

25



Recipe Update

We've replaced the chickpeas in this recipe with cannellini beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Garlic



Jasmine Rice



Onion



Pumpkin Seeds (Pepitas)



Radish



Cucumber



Coriander



Baby Leaves



Cannellini Beans



Mexican Fiesta Spice Blend



Tomato Paste



Sour Cream



Shredded Cheddar Cheese



Beef Mince



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

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

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2 ½ cups
onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
pumpkin seeds (pepitas)	1 medium packet	1 large packet
radish	2	3
cucumber	1 (medium)	1 (large)
coriander	1 packet	1 packet
baby leaves	1 small packet	1 medium packet
cannellini beans	1 tin	2 tins
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water* (for the sauce)	¾ cup	1½ cups
sour cream	1 medium packet	2 medium packets
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4003kJ (957Cal)	669kJ (160Cal)
Protein (g)	29.4g	4.9g
Fat, total (g)	44.8g	7.5g
- saturated (g)	22.7g	3.8g
Carbohydrate (g)	102.4g	17.1g
- sugars (g)	14.9g	2.5g
Sodium (mg)	1206mg	202mg
Dietary Fibre (g)	19.6g	3.3g

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.

We're here to help!

Scan here if you have any questions or concerns

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1 Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, **water (for the rice)** and a pinch of **salt**, stir, then 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!



4 Cook the cannellini beans

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



2 Pickle the onion

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



5 Mash the cannellini beans

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

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



3 Get prepped

- Heat a large frying pan over medium-high heat. Toast **pumpkin seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Set aside.
- Finely chop **radish**, **cucumber** and **coriander**.
- In a medium bowl, add **radish**, **cucumber**, **coriander** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Toss to combine and set aside.
- Roughly chop **baby leaves**. Drain and rinse **cannellini beans**.



6 Serve up

- Drain pickled onion. Stir baby leaves through garlic rice.
- Divide garlic rice between bowls. Top with Mexican smashed cannellini beans, cucumber salsa, pickled onion and **sour cream**.
- Sprinkle over **shredded Cheddar cheese** and toasted pumpkin seeds to serve. Enjoy!

CUSTOM OPTIONS

+ **ADD BEEF MINCE**
Before cannellini beans, cook beef mince, until browned, 4-5 minutes.

+ **ADD CHICKEN BREAST**
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

