



Mexican Smashed Chickpeas & Garlic Rice

with Flaked Almonds & Pickled Onion Salsa

Grab your meal kit with this number

7



Garlic



Jasmine Rice



Onion



Flaked Almonds



Radish



Cucumber



Baby Leaves



Chickpeas



Mexican Fiesta Spice Blend



Tomato Paste



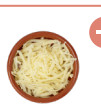
Plant-Based Mayo



Coriander



Beef Mince



Cheddar Cheese

Prep in: 25-35 mins
Ready in: 30-40 mins



Calorie Smart



Plant Based

Don't be fooled by the 'smashed' in our Mexican smashed chickpea bowl, this dish is tranquil and easy, perfect for any hectic weekday night. Soothing rice soaks up an ensemble of tastes from the pickled onion, spiced chickpeas and flaked almonds. So don't worry, you can sit back and relax into dinner tonight.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling 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
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
flaked almonds	1 packet	2 packets
radish	2	4
cucumber	1 (medium)	1 (large)
baby leaves	1 small packet	1 medium packet
chickpeas	1 tin	2 tins
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	½ cup	1 cup
plant-based mayo	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2214kJ (529Cal)	368kJ (87Cal)
Protein (g)	21.2g	3.5g
Fat, total (g)	19.6g	3.3g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	62.6g	10.4g
- sugars (g)	15.5g	2.6g
Sodium (mg)	1033mg	172mg
Dietary Fibre (g)	18g	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](https://www.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

2024 | CW36



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle 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 chickpeas

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chickpeas**, 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** and the remaining **garlic**, and cook until fragrant, **1-2 minutes**.
- Add the **brown sugar** and **water (for the sauce)**, then simmer until thickened, **1-2 minutes**.
- Lightly mash **chickpeas** with fork or potato masher until some of them have broken up and the sauce has thickened. Season to taste.

CUSTOM OPTIONS



ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD CHEDDAR CHEESE

Sprinkle over before serving.

2



Pickle the onion

- Meanwhile, thinly slice **onion** (see ingredients).
- 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.
- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Set aside.

5



Make the salsa

- Meanwhile, drain **pickled onion**.
- In a medium bowl, combine **pickled onion**, **radish**, **cucumber** and a drizzle of **olive oil**. Season to taste and toss to combine.

3



Get prepped

- Finely chop **radish** and **cucumber**.
- Roughly chop **baby leaves**.
- Drain and rinse **chickpeas**.

6



Serve up

- Stir baby leaves through garlic rice.
- Divide rice between bowls. Top with Mexican smashed chickpeas, pickled onion salsa and a dollop of **plant-based mayo**.
- Sprinkle over toasted almonds and tear over **coriander** to serve. Enjoy!

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

