

Chickpea & Avocado Burrito Bowl

with Leafy Rice & Coriander

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Jasmine Rice



Baby Leaves



Carrot



Avocado



Chickpeas



Tomato Paste



Mexican Fiesta Spice Blend



Sour Cream



Shredded Cheddar Cheese



Coriander



Beef Mince



Diced Bacon

Recipe Update

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

Prep in: **10-20** mins
Ready in: **25-35** mins

Embark on a culinary fiesta with our Mexican burrito bowl, where chickpeas are simmered in a tomato-based sauce and served alongside a mild avocado salsa and cooling sour cream. This vibrant bowl is a symphony of flavours, delivering a taste of Mexico in every satisfying bite!

Pantry items

Olive Oil, White Wine Vinegar, Butter

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 · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| jasmine rice | 1 medium packet | 1 large packet |
| baby leaves | 1 small packet | 1 medium packet |
| carrot | 1 | 2 |
| avocado | 1 (small) | 1 (large) |
| chickpeas | 1 tin | 2 tins |
| white wine vinegar* | drizzle | drizzle |
| tomato paste | 1 packet | 2 packets |
| Mexican Fiesta spice blend 🌶️ | 1 medium sachet | 1 large sachet |
| water* | ¼ cup | ½ cup |
| butter* | 20g | 40g |
| sour cream | 1 packet | 2 packets |
| shredded Cheddar cheese | 1 medium packet | 1 large packet |
| coriander | 1 packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2289kJ (526cal) | 526kJ (121cal) |
| Protein (g) | 11.4g | 2.6g |
| Fat, total (g) | 41g | 9.4g |
| - saturated (g) | 17.6g | 4g |
| Carbohydrate (g) | 32.7g | 7.5g |
| - sugars (g) | 6.4g | 1.5g |
| Sodium (mg) | 880mg | 202.3mg |
| Dietary Fibre (g) | 7.4g | 1.7g |

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 | CW51



1



Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12-14 minutes**.
- Drain, return to saucepan and stir through **baby leaves**.

3



Cook the chickpeas

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **chickpeas** until softened, **2-3 minutes**.
- **SPICY!** *This spice blend is hot! Add less if you're sensitive to heat.* Add **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.
- Reduce heat to medium, add the **water** and **butter** and cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste.

CUSTOM OPTIONS



ADD BEEF MINCE

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



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

2



Get prepped

- While the rice is cooking, grate **carrot**. Slice **avocado** in half, scoop out flesh and roughly chop. Drain and rinse **chickpeas**.
- In a medium bowl, combine **avocado** and a drizzle of **white wine vinegar** and **olive oil**. Season and set aside.

4



Serve up

- Divide leafy rice and Mexican chickpeas between bowls.
- Top with avocado and **sour cream**.
- Sprinkle over **shredded Cheddar cheese** 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.

