



CAULIFLOWER BURRITO BOWL

with Corn Salsa, Avocado & Lemon Yoghurt



Make a veggie burrito bowl!



Cauliflower



Mexican Fiesta Spice Blend



Corn



Garlic



Brown Onion



Basmati Rice



Avocado



Tomato



Coriander



Lemon



Greek Yoghurt

Hands-on: 20 mins
Ready in: 40 mins
Spicy (Mexican Fiesta spice blend)

Try this twist on a burrito bowl, with spiced roasted cauliflower plus classic Mexican sides topping a generous serve of our fragrant garlic rice. It's the ideal recipe to try something new and taste just how versatile veggies can be!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** with a **lid**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Place the cauliflower and **Mexican Fiesta spice blend** on an oven tray lined with baking paper. **SPICY!** Add less spice blend if you're sensitive to heat! **Drizzle generously** with **olive oil**, season with **salt** and **pepper** and toss to coat. Place the **corn** cob on the oven tray and **drizzle** with **olive oil**. Roast for **20-25 minutes**, or until tender.



4 MAKE THE LEMON YOGHURT

In a small bowl, combine the **Greek yoghurt** and **lemon zest**. Season to taste with **salt** and **pepper** and set aside.

TIP: Add as much or as little lemon zest as you like depending on your taste.



2 COOK THE GARLIC RICE

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion** (see ingredients list). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the onion and cook for **2-3 minutes**, or until starting to soften. Add the garlic and cook for **1 minute**, or until fragrant. Add the **basmati rice**, the **water** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, remove from the heat and keep covered for **10 minutes**, or until the rice is tender and the water is absorbed.



5 MAKE THE SALSA

When the corn is out of the oven and cool enough to handle, slice the **corn** kernels from the cob. In a medium bowl, combine the corn, **tomato** and **1/2** the **coriander**. Add a **squeeze** of **lemon juice** and a **drizzle** of **olive oil**. Season to taste with **salt** and **pepper** and mix well.



3 PREP THE VEGGIES

Thinly slice the **avocado**. **TIP:** Slice the avocado while the flesh is still in the skin, then scoop out the slices with a spoon. Finely chop the **tomato**. Roughly chop the **coriander**. Zest the **lemon** to get a **good pinch**, then slice the lemon into wedges.



6 SERVE UP

Divide the garlic rice, avocado and corn salsa between bowls. Top with the roasted cauliflower and the lemon yoghurt. Garnish with the remaining coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| cauliflower | 1 portion | 2 portions |
| Mexican Fiesta spice blend | 1 sachet | 2 sachets |
| corn | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| brown onion | ½ | 1 |
| butter* | 20 g | 40 g |
| basmati rice | 1 packet | 2 packet |
| water* | 1½ cups | 3 cups |
| salt* | ¼ tsp | ½ tsp |
| avocado | 1 | 2 |
| tomato | 1 | 2 |
| coriander | 1 bag | 1 bag |
| lemon | ½ | 1 |
| Greek yoghurt | 1 tub (100 g) | 1 tub (185 g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2880kJ (688Cal) | 519kJ (124Cal) |
| Protein (g) | 17.1g | 3.1g |
| Fat, total (g) | 29.7g | 5.4g |
| - saturated (g) | 10.9g | 2.0g |
| Carbohydrate (g) | 82.2g | 14.8g |
| - sugars (g) | 13.4g | 2.4g |
| Sodium (g) | 940mg | 169mg |

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

2019 | WKS

HelloFRESH