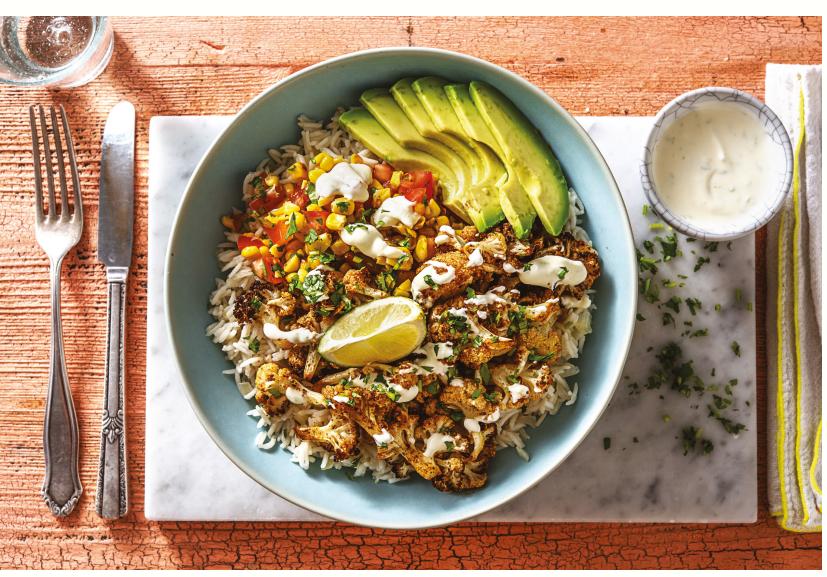


CAULIFLOWER BURRITO BOWL

with Corn Salsa, Avocado & Lemon Yoghurt





Make a veggie burrito bowl!



Cauliflower



Mexican Fiesta Spice Blend







Brown Onion









Coriander



Lemon



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

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



ROAST THE VEGGIES Preheat the oven to 220°C/200°C fanforced. 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.



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.



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.



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.



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.



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!

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	1/2	1
butter*	20 g	40 g
basmati rice	1 packet	2 packet
water*	1½ cups	3 cups
salt*	1/4 tsp	½ tsp
avocado	1	2
tomato	1	2
coriander	1 bag	1 bag
lemon	1/2	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
at, 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

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