

Roast Cauliflower Burrito Rice Bowl

with Corn Salsa & Lemon Yoghurt

Grab your Meal Kit with this symbol







Cauliflower



Mexican Fiesta Spice Blend



Sweetcorn



Capsicum





Brown Onion



Basmati Rice



Tomato





Baby Spinach Leaves

Greek-Style Yoghurt

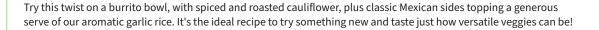
Lemon

Pantry items Olive Oil, Butter



Fiesta spice blend)





Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper \cdot Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
Mexican Fiesta spice blend	1 sachet	1 sachet
sweetcorn	½ tin	1 tin
capsicum	1	2
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	1/4 tsp	½ tsp
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	1/2	1
Greek-style yoghurt	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2596kJ (620Cal)	374kJ (89Cal)
Protein (g)	19.2g	2.8g
Fat, total (g)	17.8g	2.6g
- saturated (g)	7.7g	1.1g
Carbohydrate (g)	87.4g	12.6g
- sugars (g)	21.9g	3.2g
Sodium (mg)	1117mg	161mg

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.



Roast the veggies

SPICY! The spice blend is hot, use less if you're sensitive to heat. 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 a lined oven tray. Drizzle generously with olive oil, season with salt and pepper and toss to coat. Drain the sweetcorn (see ingredients). Cut the capsicum into bite-sized chunks. Place the corn and capsicum on a second lined oven tray and drizzle with olive oil. Roast the veggies until tender, 20-25 minutes. Allow to cool slightly.



Cook the garlic rice

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

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

While the rice is cooking, finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a pinch, then slice into wedges.



Make the lemon yoghurt

In a small bowl, combine the **Greek-style yoghurt** and **lemon zest**. Season to taste and set aside.



Make the salsa

In a medium bowl, combine the charred **corn**, **capsicum**, **tomato** and **baby spinach**. Add a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste and mix well.



Serve up

Divide the garlic rice and charred corn salsa between bowls. Top with the roasted cauliflower and lemon yoghurt. Serve with any remaining lemon wedges.

Enjoy!