



Roast Cauliflower Burrito Rice Bowl

with Corn Salsa & Lemon Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Mexican Fiesta Spice Blend



Sweetcorn



Capsicum



Garlic



Brown Onion



Basmati Rice



Tomato



Baby Spinach Leaves



Lemon



Greek-Style Yoghurt

Hands-on: **20-30 mins**
Ready in: **40-50 mins**

Calorie Smart

Spicy (Mexican Fiesta spice blend)

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

Pantry items

Olive Oil, Butter

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 · 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*	¼ tsp	½ tsp
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	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.



Make the lemon yoghurt

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



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!



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.



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.



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!