



# Falafel Bite & Tex-Mex Rice Bowl

with Charred Corn Salsa & Chipotle Sour Cream

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Tex-Mex Spice Blend



Tomato Paste



Vegetable Stock Powder



Basmati Rice



Sweetcorn



Cucumber



Tomato



Lemon



Sour Cream



Mild Chipotle Sauce



Falafel Bites



Coriander

Hands-on: 30-40 mins  
Ready in: 45-55 mins

Imagine a bed of rice infused with the Tex-Mex flavours you love, then topped with wholesome falafel, a refreshing cucumber salsa and a creamy chipotle sauce. Now stop imagining, because here it is!

### 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
butter*	20g	40g
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	½ sachet	1 sachet
vegetable stock powder	1 sachet	1 sachet
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
sweetcorn	1 tin	2 tins
cucumber	1 (medium)	1 (large)
tomato	1	2
lemon	½	1
sour cream	1 medium packet	1 large packet
water* (for the sauce)	1 tbs	2 tbs
mild chipotle sauce	1 packet (40g)	2 packets (80g)
falafel bites	1 packet	2 packets
boiling water*	3 tbs	6 tbs
coriander	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4222kJ (1009Cal)	648kJ (154Cal)
Protein (g)	28.9g	4.4g
Fat, total (g)	40.3g	6.2g
- saturated (g)	14.5g	2.2g
Carbohydrate (g)	113.4g	17.4g
- sugars (g)	20.6g	3.2g
Sodium (mg)	2018mg	310mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the aromatics

Bring a kettle of water to the boil. Finely chop the **brown onion** and **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **onion** and **garlic**, stirring, until softened, **3-4 minutes**. Add the **Tex-Mex spice blend**, **tomato paste** (see ingredients) and **vegetable stock powder**, then stir to coat.



## Prep the toppings

Add the **cucumber**, **tomato** and a drizzle of **olive oil** to the charred **corn**, then season with **salt** and **pepper**. Toss to combine and set aside. In a small bowl, combine the **sour cream**, a squeeze of **lemon juice**, the **lemon zest**, **water (for the sauce)** and **mild chipotle sauce**.

**TIP:** Some like it hot, but if you don't, just hold back on the chipotle sauce!



## Add the rice

Add the **basmati rice** and **water (for the rice)** to the pan and stir to combine. Bring to the boil, then reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **15 minutes**.

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



## Cook the falafel

Use your hands to break each **falafel bite** into halves (don't worry if they crumble!). Return the frying pan to a high heat. Carefully add the **boiling water** (see ingredients) and **falafel** and cook until the water has evaporated. Add a generous drizzle of **olive oil** to the falafel and cook, tossing, until golden, **2 minutes**. Transfer to a plate lined with paper towel and season with **salt** and **pepper**.



## Char the corn

While the rice is cooking, drain the **sweetcorn**. Finely chop the **cucumber** and **tomato**. Zest the **lemon** to get a pinch, then slice into wedges. Heat a large frying pan over a high-heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## Serve up

Roughly chop the **coriander**. Divide the Tex-Mex rice between bowls. Top with the charred corn salsa and falafel bites. Drizzle over the chipotle sour cream. Garnish with the coriander. Serve with any remaining lemon wedges.

Enjoy!