



# Mexican Bean & Corn Burrito Bowl

with Garlic Rice & Cherry Tomato Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Onion



Sweetcorn



Red Kidney Beans



Cherry Tomatoes



Coriander



Lime



Mexican Fiesta Spice Blend



Enchilada Sauce



Spring Onion



Shredded Cheddar Cheese



Sour Cream

- Hands-on: **30-40 mins**
- Ready in: **35-45 mins**
- Spicy (Mexican Fiesta spice blend)

Tonight, put together a bountiful bowl full of Mexican flavours! With spiced beans, zingy salsa, charred corn and fragrant rice, every bite of this bright meal is as good as the next!

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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
garlic	2 cloves	4 cloves
butter* (for the rice)	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
sweetcorn	½ tin	1 tin
red kidney beans	1 tin	2 tins
cherry tomatoes	1 punnet	1 punnet
coriander	1 bunch	1 bunch
lime	½	1
Mexican Fiesta spice blend	½ sachet	1 sachet
enchilada sauce	1 packet (140g)	2 packets (280g)
butter* (for the sauce)	10g	20g
spring onion	1 stem	2 stems
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3428kJ (819Cal)	588kJ (141Cal)
Protein (g)	28.5g	4.9g
Fat, total (g)	29.1g	5g
- saturated (g)	16.1g	2.8g
Carbohydrate (g)	96.6g	16.6g
- sugars (g)	15.2g	2.6g
Sodium (mg)	1432mg	246mg

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](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 garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter (for the rice)** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water**, and the **salt** to the pan and 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 has absorbed, **10 minutes**.

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



### Char the corn

Heat a large frying pan over a high heat. Cook the **sweetcorn** until charred, **4-5 minutes**. Transfer to the bowl with the **cherry tomato salsa**. Drizzle with some **pickling liquid** and season to taste. Set aside.



### Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients). Combine the **vinegar** and a pinch of **sugar** and **salt** in a small bowl. Scrunch the **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside until serving.



### Cook the saucy beans

**SPICY!** The spice blend is hot, use less if you're sensitive to heat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **red kidney beans** and **Mexican Fiesta spice blend** (see ingredients), stirring, until coated and fragrant, **1-2 minutes**. Add the **enchilada sauce** and **butter (for the sauce)** and simmer until heated through, **2 minutes**. Season to taste.



### Prep the salsa

Drain the **sweetcorn** (see ingredients). Drain and rinse the **red kidney beans**. Halve the **cherry tomatoes**. Roughly chop the **coriander**. Slice the **lime** into wedges. In a medium bowl, combine the **cherry tomatoes**, **coriander**, a good squeeze of **lime juice** and a drizzle of **olive oil**.



### Serve up

Thinly slice the **spring onion**. Drain the pickled onion. Stir the spring onion through the garlic rice. Divide the rice and saucy beans between bowls. Top with the cherry tomato salsa, **shredded Cheddar cheese**, pickled onion and a dollop of **sour cream**. Serve with any remaining lime wedges.

Enjoy!