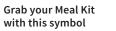
# Mexican-Spiced Chickpea Rice Bowl with Charred Corn Salsa & Cheddar Cheese

with this symbol













Garlic





Sweetcorn



Chickpeas

Tomato



Cucumber





Coriander



Lemon





Tomato Paste



Spice Blend

Vegetable Stock Powder



Shredded Cheddar





Cheese

**Pantry items** Olive Oil, Butter

Prep in: 20-30 mins Ready in: 30-40 mins

It's a veggie party tonight and there's a stellar lineup. We're bringing the roasted kumara, sweetcorn and veggies to the table. The real stars tonight are the Mexican-spiced chickpeas cooled off with sour cream and garlic rice. You'll be enjoying this celebration of veggie flavour until the bowl is empty.

#### Before you start

Remember to wash your hands for 20 seconds before you get cooking.

#### You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
kumara	1 (medium)	1 (large)	
onion	1 (medium)	1 (large)	
garlic	3 cloves	6 cloves	
butter*	20g	40g	
basmati rice	1 packet	1 packet	
water* (for the rice)	1½ cups	3 cups	
sweetcorn	1 tin	1 tin	
chickpeas	1 tin	2 tins	
tomato	1	2	
cucumber	1 (medium)	1 (large)	
coriander	1 bag	1 bag	
lemon	1/2	1	
sour cream	1 medium packet	1 large packet	
tomato paste	1 packet	2 packets	
Tex-Mex spice blend	1 sachet	1 sachet	
water* (for the sauce)	1 cup	2 cups	
vegetable stock powder	1 medium sachet	1 large sachet	
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)	

#### \*Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3952kJ (945Cal)	566kJ (135Cal)
Protein (g)	27.5g	3.9g
Fat, total (g)	34.8g	5g
- saturated (g)	18.3g	2.6g
Carbohydrate (g)	120.5g	17.3g
- sugars (g)	21.8g	3.1g
Sodium (mg)	1616mg	232mg

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

- Preheat oven to 220°C/200°C fan-forced.
- · Cut kumara into bite-sized chunks. Cut onion into wedges.
- Place **kumara** and **onion** on a lined oven tray. Drizzle with olive oil and season with salt and pepper.
- · Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



## Cook the garlic rice

- Meanwhile, finely chop garlic.
- In a medium saucepan, heat the **butter** with a dash of olive oil over medium heat.
- Cook 1/2 the garlic until fragrant, 1-2 minutes. Add basmati rice, water (for the rice) and a pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat and keep covered until rice is tender and 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, drain **sweetcorn**. Drain and rinse chickpeas. Roughly chop tomato, cucumber and coriander. Zest lemon to get a generous pinch, then slice into wedges.



#### Make the salsa

- Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes. Transfer to a medium bowl and allow to cool.
- To the bowl with charred corn, add tomato, cucumber, a generous squeeze of lemon juice and a pinch of salt and pepper. Toss to combine.
- In a small bowl, combine sour cream, lemon zest and a pinch of salt. Set aside.

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



### Cook the spiced chickpeas

- · Return the frying pan to medium heat with a drizzle of olive oil. Cook tomato paste. chickpeas, Tex-Mex spice blend and remaining garlic, tossing, until fragrant, 1-2 minutes.
- Add water (for the sauce) and vegetable stock powder, then bring to a simmer and cook until tender, 3-4 minutes.
- Using a potato masher or a fork, lightly crush chickpeas. Stir through roasted veggies, then season to taste.

TIP: Add a splash more water if the sauce looks too thick.



### Serve up

- Divide garlic rice between bowls. Top with Mexican-spiced chickpeas and veggies, charred corn salsa and zesty sour cream.
- · Sprinkle over shredded Cheddar cheese.
- · Garnish with coriander and serve with any remaining lemon wedges. Enjoy!







#### Rate your recipe

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