



Mexican-Spiced Chickpea Rice Bowl

with Charred Corn Salsa & Cheddar Cheese

Grab your Meal Kit with this symbol



 **Recipe Update**
 The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Kumara



Onion



Garlic



Basmati Rice



Sweetcorn



Chickpeas



Tomato



Cucumber



Coriander



Lemon



Tomato Paste



Tex-Mex Spice Blend



Vegetable Stock Powder



Sour Cream



Shredded Cheddar Cheese

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.

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

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

Ingredients

	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	½	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.

We're here to help!

Scan here if you have any questions or concerns

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1



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**.

4



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.

2



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!

5



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.

3



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.

6



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!

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