



# MEXICAN KUMARA & FETA BOWL

with Chunky Guac & Corn Salsa



Make a chilli fried egg



Kumara



Red Capsicum



Mexican Fiesta Spice Blend



Corn



Tomato



Avocado



Coriander



Garlic



Lemon



Chilli Flakes (Optional)



Feta

Hands-on: 25 mins  
Ready in: 30 mins

Low calorie

Spicy (Mexican Fiesta spice blend & optional chilli flakes)

Get ready to be bowled over by this bright, bold and saucy combination of flavours. With roasted veg, a charred corn salsa, chunky smashed avocado and topped off with an oozy egg, this is a colourful taste of Mexico in an easy-to-eat, but hard-to-put down package!

Pantry Staples: Olive Oil, Eggs

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



## 1 ROAST THE MEXICAN VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm cubes. Cut the **red capsicum** into 1cm strips. Place the kumara and red capsicum on an oven tray lined with baking paper. **Drizzle** with **olive oil**, sprinkle with the **Mexican Fiesta spice blend** and season with **salt** and **pepper**. Toss to coat, then roast for **20-25 minutes**, or until tender. **SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste.



## 4 MAKE THE CORN SALSA

Heat a medium frying pan over a high heat. Add the **corn** kernels and cook, tossing occasionally for **4-5 minutes**, or until golden and lightly charred. **TIP:** Cover the pan with a lid or foil if the kernels are popping out! Transfer to a medium bowl. Add the **tomato**, remaining chopped **coriander**, a **squeeze** of **lemon juice** and a **drizzle** of **olive oil**. Season with **salt** and **pepper** and mix well.



## 2 PREP THE VEG

While the veggies are roasting, slice the **corn** kernels off the cob. **TIP:** Do this in a large bowl to stop the kernels from flying everywhere. Finely chop the **tomato**. Cut the **avocado** into 1cm cubes. Finely chop the **coriander** (reserve a few leaves for garnish!). Finely chop the **garlic** (or use a garlic press).



## 5 FRY THE CHILLI EGGS

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Crack the **eggs** into the pan, sprinkle with a **pinch** of **chilli flakes** (if using) and cook for **3-4 minutes**, or until the yolk is just firm. Remove from the heat.



## 3 MAKE THE CHUNKY GUAC

In a medium bowl, combine the **avocado**, a **pinch** of **garlic**, **1/2** the **coriander** and a **squeeze** of **lemon juice**. Mash lightly with a fork or potato masher. Season to taste with **salt** and **pepper** and mix well. Taste and add more lime juice and garlic if you like.



## 6 SERVE UP

Divide the Mexican veg, chunky guac and tomato and corn salsa between bowls. Crumble over the **feta**, top with the chilli fried eggs and sprinkle with the reserved coriander leaves.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
red capsicum	1	2
Mexican Fiesta spice blend	1 sachet	2 sachets
corn	1	2
tomato	1	2
avocado	1	2
coriander	1 bunch	1 bunch
garlic	1 clove	2 cloves
lemon	1	2
eggs*	2	4
chilli flakes (optional)	pinch	pinch
feta	1 block (50 g)	2 blocks (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2400kJ (574Cal)	683kJ (163Cal)
Protein (g)	30.9g	8.8g
Fat, total (g)	26.7g	7.6g
- saturated (g)	15.6g	4.4g
Carbohydrate (g)	47.0g	13.3g
- sugars (g)	14.4g	4.1g
Sodium (g)	1330mg	378mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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