



# Mexican Smashed Chickpea Rice Bowl

with Toasted Pumpkin Seeds & Cucumber Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Onion



Pumpkin Seeds (Pepitas)



Radish



Cucumber



Coriander



Baby Spinach Leaves



Chickpeas



Mexican Fiesta Spice Blend



Tomato Paste



Sour Cream



Shredded Cheddar Cheese



Beef Mince

Prep in: 25-35 mins  
Ready in: 35-45 mins

Say hello to the king of veggie bowls! There's nutrient-packed chickpeas that are wholesome and filling, garlic rice and cucumber salsa, plus a sublime helping of cheesy goodness and a sprinkling of toasted pumpkin seeds for extra crunch. Enjoy!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	40g	80g
basmati rice	1 packet	1 packet
<b>water*</b> (for the rice)	1½ cups	3 cups
onion	1 (medium)	1 (large)
<b>rice wine vinegar*</b>	¼ cup	½ cup
pumpkin seeds (pepitas)	1 packet	1 packet
radish	2	3
cucumber	1 (medium)	1 (large)
coriander	1 bag	1 bag
baby spinach leaves	1 small bag	1 medium bag
chickpeas	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
<b>water*</b> (for the sauce)	¾ cup	1½ cups
sour cream	1 medium packet	1 large packet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
beef mince**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4048kJ (967Cal)	735kJ (176Cal)
Protein (g)	29.3g	5.3g
Fat, total (g)	47.2g	8.6g
- saturated (g)	24.5g	4.5g
Carbohydrate (g)	98.5g	17.9g
- sugars (g)	12.7g	2.3g
Sodium (mg)	1213mg	220mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5244kJ (1253Cal)	776kJ (185Cal)
Protein (g)	57.9g	8.6g
Fat, total (g)	65g	9.6g
- saturated (g)	32.4g	4.8g
Carbohydrate (g)	98.5g	14.6g
- sugars (g)	12.7g	1.9g
Sodium (mg)	1250mg	185mg

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://www.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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## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat 1/2 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!

4



## Cook the chickpeas

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chickpeas**, tossing occasionally, until golden, **2-3 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **Mexican Fiesta spice blend**, **tomato paste**, the remaining **garlic** and remaining **butter** and cook until fragrant, **1 minute**.
- Add **water (for the sauce)** and simmer until thickened, **2-3 minutes**.

**Custom Recipe:** If you've added beef mince to your meal, follow pan heating instructions as above and cook before chickpeas, breaking up with a spoon, until just browned, 7-8 minutes. Continue as above.

2



## Pickle the onion

- Meanwhile, thinly slice **onion**.
- In a small bowl, combine the **rice wine vinegar** and a generous pinch of **salt** and **sugar**. Scrunch **onion** in your hands, then add to **pickling liquid** with just enough **water** to cover the onion. Set aside.

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## Mash the chickpeas

- Using a potato masher or fork, lightly mash **chickpeas** until some of them have broken up and sauce has thickened. Season to taste.

**TIP:** Add a splash more water if the chickpea mixture looks too thick.

3



## Get prepped

- Heat a large frying pan over medium-high heat. Toast **pumpkin seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Set aside.
- Finely chop **radish**, **cucumber** and **coriander**.
- In a medium bowl, add **radish**, **cucumber**, **coriander** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Toss to combine and set aside.
- Roughly chop **baby spinach leaves**. Drain and rinse **chickpeas**.

6



## Serve up

- Drain pickled onion. Stir baby spinach through garlic rice.
- Divide garlic rice between bowls. Top with Mexican smashed chickpeas, cucumber salsa, pickled onion and **sour cream**.
- Sprinkle over **shredded Cheddar cheese** and toasted pumpkin seeds to serve. Enjoy!

## Rate your recipe

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