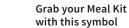


Mexican Smashed Chickpea Rice Bowl

with Toasted Pumpkin Seeds & Cucumber Salsa

CLIMATE SUPERSTAR

















Radish





Cucumber

Coriander



Chickpeas





Tomato Paste





Shredded Cheddar Cheese



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! **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

3		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	40g	80g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
onion	1 (medium)	1 (large)
rice wine vinegar*	1/4 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
water* (for the sauce)	³⁄₄ 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
Ottobard Desired		

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 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!



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.



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.



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.



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.



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!



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