



Mexican-Spiced Chickpea & Roast Potato Bowl

with Avocado Salad, Corn Chips & Plant-Based Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Cucumber



Avocado



Chickpeas



Tex-Mex Spice Blend



Enchilada Sauce



Plant-Based Mayo



Coriander



Corn Chips



Chicken Breast

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



Plant Based[^]
[^]Custom Recipe is not Plant Based



Eat Me Early*
*Custom Recipe only

A Mexican-style bowl is fun and very tasty, so we made a veggie option too because these chickpeas are too good when cooked in an enchilada sauce and Tex-Mex spices. Add in an avocado salsa then dunk in those corn chips to collect a little of everything in one bite.

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

Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter, Brown Sugar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1 (medium)	1 (large)
avocado	1	2
chickpeas	1 tin	2 tins
white wine vinegar*	drizzle	drizzle
Tex-Mex spice blend	1 sachet	1 sachet
enchilada sauce	½ packet (70g)	1 packet (140g)
water*	¼ cup	½ cup
plant-based butter*	20g	40g
brown sugar*	½ tsp	1 tsp
plant-based mayo	1 packet (50g)	1 packet (100g)
coriander	1 bag	1 bag
corn chips	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3621kJ (865Cal)	529kJ (126Cal)
Protein (g)	20.1g	2.9g
Fat, total (g)	47g	6.9g
- saturated (g)	12.4g	1.8g
Carbohydrate (g)	86.5g	12.6g
- sugars (g)	23g	3.4g
Sodium (mg)	1556mg	227mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4380kJ (1047Cal)	519kJ (124Cal)
Protein (g)	52.5g	6.2g
Fat, total (g)	52.7g	6.2g
- saturated (g)	14g	1.7g
Carbohydrate (g)	86.5g	10.2g
- sugars (g)	23g	2.7g
Sodium (mg)	1655mg	196mg

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

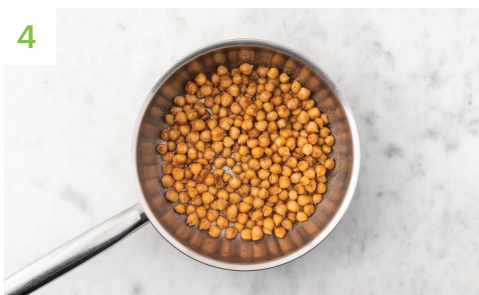


2023 | CW03



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Add a dash of **water** to the tray and roast until tender, **20-25 minutes**.



Add the flavour

- When the veggies have **5 minutes** remaining, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **garlic**, **Tex-Mex spice blend** and **chickpeas** until fragrant, **1 minute**.

Custom Recipe: Before adding the garlic, heat saucepan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step as above.



Get prepped

- Meanwhile, finely chop **garlic**. Cut **tomato** and **cucumber** into bite-sized chunks.
- Slice **avocado** in half, scoop out flesh and roughly chop.
- Drain and rinse **chickpeas**.

Custom Recipe: If you've added chicken to your meal, cut chicken breast into 2cm chunks.



Make it saucy

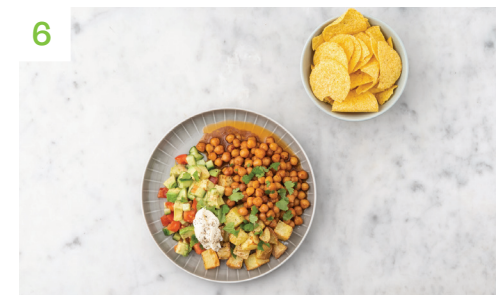
- Add **enchilada sauce** (see ingredients), the **water**, **plant-based butter** and **brown sugar**. Cook, stirring, until slightly thickened, **3-4 minutes**.

Custom Recipe: Return chicken to the saucepan after cooking the enchilada sauce, turning to coat.



Make the salsa

- In a medium bowl, combine **avocado**, **tomato**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season.



Serve up

- Divide potato, Mexican-spiced chickpeas and avocado salad between bowls.
- Top with **plant-based mayo** and tear over **coriander**.
- Serve with **corn chips**. Enjoy!

Rate your recipe

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