



Mexican-Style Freekeh Bean Bowl

with Zesty Salsa & Smokey Aioli

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock Powder



Garlic



Sweetcorn



Tomato



Radish



Lemon



Black Beans



Tex-Mex Spice Blend



Baby Spinach Leaves



Smokey Aioli



Shredded Cheddar Cheese



Herbs

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!

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

The best thing about having dinner in a bowl is in just one bite you can taste a little of everything on offer. Wow, there's a lot on offer tonight! There's the mouth-watering freekeh tossed with a signature black bean and corn combination and for a touch of freshness a radish salsa. Don't forget the smokey finish of the aioli.

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
tomato	1	2
radish	2	3
lemon	½	1
sweetcorn	½ tin	1 tin
black beans	1 tin	2 tins
Tex-Mex spice blend	1 sachet	1 sachet
baby spinach leaves	1 small bag	1 medium bag
smokey aioli	1 large packet	2 large packets
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (792Cal)	692kJ (165Cal)
Protein (g)	25.4g	5.3g
Fat, total (g)	48.2g	10.1g
- saturated (g)	14.4g	3g
Carbohydrate (g)	55.2g	11.5g
- sugars (g)	11.9g	2.5g
Sodium (mg)	1895mg	396mg

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.

1



Toast the freekeh

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **freekeh**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with **water** with a good pinch of **salt**. Bring to the boil, then simmer freekeh, uncovered, until tender, **30-35 minutes**.
- Drain, rinse and return to pan over medium heat. Add the **butter** and **vegetable stock powder** and stir until **butter** is melted and combined. Cover with a lid to keep warm.

TIP: The freekeh is cooked when it has softened but still retains some bite.

2



Get prepped

- Meanwhile, finely chop **garlic** and **tomato**. Thinly slice **radish**. Zest **lemon** to get a generous pinch and slice into wedges. Drain **sweetcorn** (see ingredients). Drain and rinse **black beans**.

3



Make the salsa

- In a medium bowl, combine **radish**, **tomato**, **lemon zest**, a good squeeze of **lemon juice** and a drizzle of **olive oil**. Season with a pinch of **salt** and **pepper**. Set aside.

4



Char the corn & beans

- When the freekeh has **15 minutes** remaining, heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**.
- Reduce heat to medium-high. Add **garlic**, **Tex-Mex spice blend** and a drizzle of **olive oil** and cook until fragrant, **1-2 minutes**.
- Add **black beans** and cook until heated through, **3-4 minutes**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

5



Bring it all together

- Add cooked **freekeh**, **baby spinach leaves** and a pinch of **salt** and **pepper** to the pan with the **corn** and **black beans**. Stir to combine.

6



Serve up

- Divide Mexican-style freekeh beans between bowls. Serve with zesty salsa.
- Dollop with **smokey aioli** and sprinkle over **shredded Cheddar cheese**.
- Tear over **herbs** and serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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