



Pulled BBQ Jackfruit Burrito Bowl

with Tomato Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Avocado



Tomato



Carrot



Spring Onion



BBQ Marinated Jackfruit



Sour Cream

 Hands-on: **15-25 mins**
Ready in: **30-40 mins**

You've heard of pulled pork, now we're bringing you an irresistible veggie version - pulled jackfruit marinated with mild chilli and lime. And what better way to debut it than in a tried-and-true burrito bowl that requires no fussy assemblage - it's straight in the bowl and ready to jump into your mouth!

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
avocado	½	1
tomato	1	2
carrot	1	2
spring onion	1 stem	2 stems
BBQ marinated jackfruit	1 packet	2 packets
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3136kJ (750Cal)	674kJ (161Cal)
Protein (g)	12.6g	2.7g
Fat, total (g)	34.1g	7.3g
- saturated (g)	15.4g	3.3g
Carbohydrate (g)	95.7g	20.6g
- sugars (g)	26.3g	5.6g
Sodium (mg)	419mg	90mg

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



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a pinch of **salt**, stir, then bring to boil.
- Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the 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!

3



Cook the jackfruit

- Heat a large frying pan over a medium heat with a drizzle of **olive oil**. Cook **carrot** until softened, **2-3 minutes**.
- Add **BBQ marinated jackfruit** and a splash of **marinade sauce** and cook, stirring, until heated through, **3-4 minutes**.
- Remove from heat, then add some **sour cream** (1 tbs for 2 people / 2 tbs for 4 people). Stir to combine and season to taste.

2



Get prepped

- Meanwhile, slice **avocado** (see ingredients) in half. Scoop out flesh and thinly slice. Roughly chop **tomato**. Grate **carrot**. Thinly slice **spring onion**.
- In a medium bowl, combine **tomato**, **spring onion** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.

4



Serve up

- Divide garlic rice between bowls. Top with pulled BBQ jackfruit, tomato salsa and avocado.
- Dollop with **sour cream** to serve.

Enjoy!