



Easy Breezy Burrito Bowl

with Spiced Beans, Avocado Salsa and Soured Cream

Elemental 35-40 Minutes • Mild Spice • 3 of your 5 a day • Veggie

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- Garlic Clove
- Basmati Rice
- Mixed Beans
- Medium Tomato
- Lime
- Plain Taco Tortilla
- Mexican Style Spice Mix
- Tomato Puree
- Vegetable Stock Paste
- Avocado
- Soured Cream

Pantry Items
Oil, Salt, Pepper, Honey, Olive Oil



Be in your element this mealtime

We've teamed up with Disney and Pixar to celebrate the launch of the new family movie, "Elemental".

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, sieve, fine grater, baking tray, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Basmati Rice	150g	150g	300g
Mixed Beans	1 carton	1½ cartons	2 cartons
Medium Tomato	1	1½	2
Lime**	1	1½	2
Plain Taco Tortilla 13	4	6	8
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Vegetable Stock Paste 10	15g	22g	30g
Avocado	1	1½	2
Soured Cream** 7	75g	120g	150g
Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Water for the Rice*	300ml	300ml	400ml
Water for the Sauce*	150ml	225ml	300ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	512g 4015/960	100g 785/188
Fat (g)	35.5	6.9
Sat. Fat (g)	9.3	1.8
Carbohydrate (g)	142.6	27.9
Sugars (g)	16.0	3.1
Protein (g)	25.0	4.9
Salt (g)	3.47	0.68

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Start the Garlic Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

Pop a deep saucepan (with a tight-fitting lid) on medium heat with the oil (see pantry for amount - use **butter** if you'd prefer).

Add **half** the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min.



Cook the Beans

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Add the remaining **garlic** and the **Mexican style spice mix** to the pan. Fry for 1 min.

Stir in the **tomato puree**, **mixed beans**, **vegetable stock paste**, **water for the sauce** and **honey** (see pantry for both amounts).

Bring to the boil, then simmer until the **sauce** has thickened, 5-6 mins.



Prep Time

Add **¼ tsp salt** (if you'd like to) and the **water for the rice** (see pantry for amount) to the **garlic** pan and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

Meanwhile, drain and rinse the **mixed beans** in a sieve. Cut the **tomato** into 1cm chunks. Zest and halve the **lime**.



Time to Salsa

Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Chop the **avocado** into 1cm chunks.

Squeeze **half** the **lime juice** into a medium bowl and combine with the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper** if you'd like to. Mix in the **avocado** and **tomato**.

When the **beans** are ready, stir in the **lime zest** and the remaining **lime juice**. Taste and season with **salt** and **pepper** if you'd like to.

Kids Step: Squeeze the lime juice into the bowl and drizzle in the olive oil, then mix everything together with the avocado and tomato!



Create your Tortilla Clouds

Cut each **tortilla** (2 per person) in half. Slice each half into a cloud shape (use scissors if easier).

Place on a large baking tray in a single layer and drizzle with **oil**. Season with **salt** and **pepper** if you'd like to. **TIP:** Use two baking trays if necessary.

Bake on the top shelf in the oven until lightly golden brown and **crispy**, 5-7 mins. **TIP:** Keep an eye on them to make sure they colour evenly.

Kids Step: Help cut the tortillas into cloud shapes using a pair of scissors - get a grown up to help if needed!



Serve

Fluff up the **rice** with a fork and share between your bowls.

Spoon over the **beans**. Top with the **tomato and avocado salsa**, then add a dollop of **soured cream** if you'd like to.

Serve with the **tortilla clouds** on the side for dipping and scooping.

Enjoy!

Disney Pixar
ELEMENTAL

In Cinemas July 7

Grow your own

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