



Avocado and Bean Burrito Bowl with Tortilla Dippers and Rice

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

4



Garlic Clove



Basmati Rice



Mixed Beans



Medium Tomato



Lime



Plain Taco
Tortillas



Mexican Style
Spice Mix



Tomato Puree



Vegetable Stock
Paste



Avocado



Soured Cream



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Butter, Honey, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

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	100g	150g	200g
Mixed Beans	1 carton	1½ cartons	2 cartons
Medium Tomato	1	1½	2
Lime**	1	1½	2
Plain Taco Tortillas 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
Diced Chorizo**	60g	90g	120g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	200ml	300ml	400ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	150ml	225ml	300ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	668g	100g	698g	100g
Energy (kJ/kcal)	3661/875	548/131	4213/1007	604/144
Fat (g)	38.9	5.8	49.7	7.1
Sat. Fat (g)	14.7	2.2	18.7	2.7
Carbohydrate (g)	107.8	16.1	108.7	15.6
Sugars (g)	16.1	2.4	16.2	2.3
Protein (g)	22.8	3.4	30.3	4.3
Salt (g)	3.43	0.51	5.15	0.74

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, cereals containing 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.

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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. Melt in the **butter** (see pantry for amount).

When the **butter** has melted, add the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min.



Cook the Beans

While the **tortillas** bake, 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, veg stock paste, honey** and **water for the sauce** (see pantry for both amounts).

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

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan before the remaining **garlic** and **spices**. Fry until it starts to brown, 3-4 mins, then add the **flavourings** and continue as instructed.



Prep Time

Add ¼ **tsp salt** and the **water for the rice** (see pantry for amount) to the **rice** 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 the pan 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**, then mix in the **avocado** and **tomato chunks**.

When the **beans** are ready, stir in the **lime zest** and remaining **lime juice**. Taste and season with **salt** and **pepper** if needed.



Make your Tortilla Dippers

Next, cut each **tortilla** (2 per person) into 8 triangles (use scissors if easier).

Place on a large baking tray in a single layer and drizzle with **oil**. Season with **salt** and **pepper**. **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.



Serve

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

Spoon over the **beans**. Top with the **soured cream** and the **tomato and avocado salsa**.

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

Enjoy!