



Veggie Burrito Bowl

with Charred Corn Salsa, Chipotle Black Beans and Sweet Potato

41

Classic 30-35 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Sweet Potato



Roasted Spice and Herb Blend



Basmati Rice



Sweetcorn



Garlic Clove



Black Beans



Lime



Baby Plum Tomatoes



Chipotle Paste



Vegetable Stock Paste



Soured Cream



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

+ Add Diced Chorizo

If you chose to add diced chorizo, 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

Baking tray, saucepan, lid, sieve, frying pan, garlic press, fine grater, bowl and potato masher.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Basmati Rice	100g	150g	200g
Sweetcorn	160g	240g	320g
Garlic Clove**	1	1½	2
Black Beans	¾ carton	1 carton	1½ cartons
Lime**	1	1	1
Baby Plum Tomatoes	125g	190g	250g
Chipotle Paste	20g	30g	40g
Vegetable Stock Paste (10)	10g	15g	20g
Soured Cream** (7)	75g	120g	150g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Beans*	100ml	150ml	200ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	648g	100g	693g	100g
Energy (kJ/kcal)	2515 / 601	388 / 93	3344 / 799	482 / 115
Fat (g)	15.5	2.4	31.7	4.6
Sat. Fat (g)	7.7	1.2	13.7	2.0
Carbohydrate (g)	95.9	14.8	97.3	14.0
Sugars (g)	19.1	3.0	19.4	2.8
Protein (g)	18.3	2.8	29.6	4.3
Salt (g)	2.21	0.34	4.79	0.69


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

Allergens

7) Milk (10) Celery

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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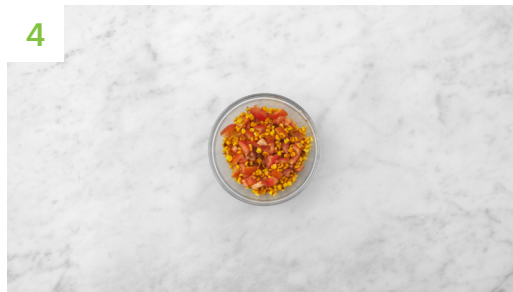
Roast the Sweet Potato

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

Chop the **sweet potato** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **roasted spice and herb blend**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Time to Salsa

While the **corn** cooks, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** (see ingredients for amount) in a sieve. Zest and quarter the **lime**. Halve the **baby plum tomatoes**.

Once the **corn** has charred, remove from the heat.

In a medium bowl, combine the **charred corn**, **tomatoes**, a pinch of **sugar** (if you have any), a drizzle of **olive oil** and a good squeeze of **lime juice**.

Season with **salt** and **pepper**, mix well together and set aside for later.



Cook the Rice

In the meantime, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** 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).

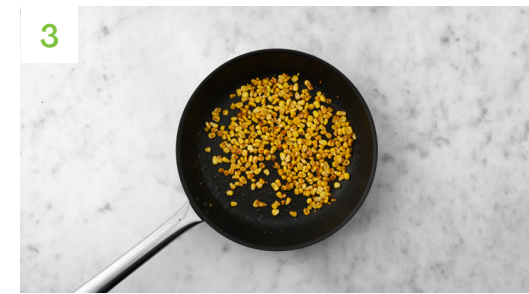


Mash your Beans

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**. Once hot, add the **black beans** and **garlic**. Fry until fragrant, 1 min.

Roughly mash **half** the **beans** using a potato masher or the back of a fork. Stir in the **chipotle**, **veg stock paste**, **sugar** and **water for the beans** (see pantry for both amounts). Bring to the boil, then reduce the heat and simmer until thickened, 2-3 mins.

Once thickened, stir in the **butter** (see pantry for amount) and a squeeze of **lime juice**. Taste and season with **salt**, **pepper** and more **lime juice** if needed.



Get Charring

Meanwhile, drain the **sweetcorn** in a sieve.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

+ Add Diced Chorizo

If you're adding **chorizo**, add it to the pan with the **sweetcorn**, fry for the same amount of time, then continue as instructed.



Serve Up

Stir the **lime zest** through the **rice**, then share the **zesty rice** between your serving bowls.

Top with the **black beans**, **corn salsa** and **roasted sweet potato** in separate sections.

Drizzle over the **soured cream** and serve with remaining **lime wedges** for squeezing over.

Enjoy!