



Easy Breezy Veggie Burrito Bowl

with spiced beans, avocado salsa and creme fraiche

Veggie 35 – 40 mins

7



Garlic



Rice



Red Kidney Beans



Tomato



Lime



Tortilla



Mexican Style Spice Mix



Tomato Paste



Vegetable Stock



Avocado



Creme Fraiche



Honey

Pantry Items: Salt, Pepper, Oil, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pot with lid, sieve, zester

Ingredients

	2P	4P
Garlic	3 units	6 units
Rice	150 g	300 g
Red Kidney Beans	1 pack	2 packs
Tomato	1 unit	2 units
Lime	1 unit	2 units
Tortilla	4 units	8 units
Mexican Style Spice Mix	2 sachets	4 sachets
Tomato Paste	1 tin	2 tins
Vegetable Stock	1 sachet	2 sachets
Avocado	1 unit	2 units
Crema Fraiche	65 g	110 g
Honey	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	592.3 g	100 g
Energy (kJ/kcal)	4004.1 kJ/ 957 kcal	676 kJ/ 161.6 kcal
Fat (g)	31.6 g	5.3 g
Sat. Fat (g)	10.7 g	1.8 g
Carbohydrate (g)	139.4 g	23.5 g
Sugars (g)	19.6 g	3.3 g
Protein (g)	29 g	4.9 g
Salt (g)	3.7 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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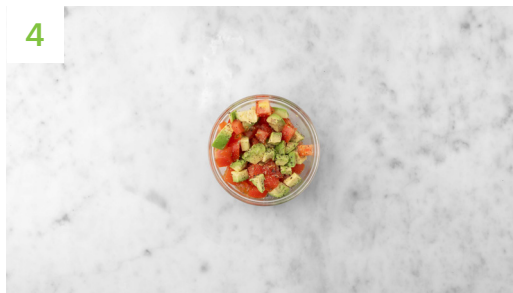


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Get Prepped

- Preheat your oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Place a pot over medium heat with a drizzle of **oil**.
- Add **half** the **garlic** and stir-fry for 1 min.
- Add the **rice** and stir until coated, 30 secs.



Make the Avo Salsa

- Meanwhile, halve the **avocado** and remove the pit. Use a tablespoon to scoop out the flesh. Chop into 1cm chunks.
- Squeeze **half** the **lime** juice into a medium bowl.
- Stir in 1 tbsp **oil** (double for 4p) then season to taste with **salt** and **pepper**.
- Stir the **avocado** and **tomato** through the dressing.



Cook the Rice

- Add 300ml **salted water** (double for 4p) to the pot and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).
- Meanwhile, drain and rinse the **beans** in a sieve. Cut the **tomato** into 1cm chunks. Zest and halve the **lime**.



Finishing Touches

- Meanwhile, take **half** the **tortillas** (double for 4p) and slice into quarters to create triangles.
- Spread out on a lined baking tray, drizzle with **oil** and season with **salt** and **pepper**.
- Bake in the oven until crispy and golden, 5-7 mins.
- When the **beans** are ready, add the **lime** zest and **honey** to the pan. Squeeze in the remaining **lime** juice.
- Stir to combine and season to taste with **salt** and **pepper**.



Start the Spiced Beans

- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the remaining **garlic** and the **Mexican spice mix** to the pan.
- Fry until fragrant, 1 min.
- Stir in the **tomato paste**, **beans**, **stock** and 150ml **water** (double for 4p).
- Bring to the boil then simmer until the sauce has thickened, 5-6 mins.



Assemble and Serve

- Fluff up the **rice** with a fork, divide between bowls and spoon over the Mexican spiced **beans**.
- Top with the **tomato** and **avocado** salsa.
- Add a dollop of **crema fraiche**.
- Serve with the **tortillas** on the side for dipping.

Enjoy!