



# Roasted Cauliflower Burrito Rice Bowl

with Corn Salsa, Avocado & Lemon Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Mexican Fiesta Spice Blend



Corn



Garlic



Brown Onion



Basmati Rice



Avocado



Tomato



Baby Spinach Leaves



Lemon



Greek-Style Yoghurt

- Hands-on: **20-30 mins**
- Ready in: **40-50 mins**
- Spicy (Mexican Fiesta spice blend)

Try this twist on a burrito bowl, with spiced and roasted cauliflower, plus classic Mexican sides topping a generous serve of our aromatic garlic rice. It's the ideal recipe to try something new and taste just how versatile veggies can be!

## 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

Oven tray lined with baking paper · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
Mexican Fiesta spice blend	1 sachet	1 sachet
corn	1	2
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
avocado	1	2
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3394kJ (811Cal)	511kJ (122Cal)
Protein (g)	18.5g	2.8g
Fat, total (g)	43.2g	6.5g
- saturated (g)	13.6g	2g
Carbohydrate (g)	86.1g	13g
- sugars (g)	17g	2.6g
Sodium (mg)	1039mg	156mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Roast the cauliflower & corn

**SPICY!** The spice blend is hot, use less if you're sensitive to heat. Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Place the **cauliflower** and **Mexican Fiesta spice blend** on an oven tray lined with baking paper. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Place the **corn** cob on the oven tray and drizzle with **olive oil**. Roast until tender, **20-25 minutes**.

**TIP:** Cut the cauliflower to size so it cooks in time.



### Make the lemon yoghurt

In a small bowl, combine the **Greek-style yoghurt** and **lemon zest**. Season to taste and set aside.



### Cook the garlic rice

While the veggies are roasting, finely chop the **garlic**. Finely chop the **brown onion**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **onion** until starting to soften, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, the **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### Make the salsa

When the **corn** is done, allow to cool slightly, then slice the kernels from the cob. In a medium bowl, combine the charred **corn**, **tomato** and **baby spinach**. Add a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste and mix well.



### Get prepped

While the rice is cooking, scoop out the flesh of the **avocado**, then thinly slice. Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a pinch, then slice into wedges.



### Serve up

Divide the garlic rice, avocado and corn salsa between bowls. Top with the roasted cauliflower and lemon yoghurt. Serve with any remaining lemon wedges.

Enjoy!