



# MEXICAN KUMARA & VEGGIE BOWL

with Chilli Fried Eggs & Chunky Guac



Make chilli fried eggs



Kumara



Red Capsicum



Red Onion



Tex-Mex Spice Blend



Sweetcorn



Tomato



Avocado



Coriander



Garlic



Chilli Flakes (Optional)



Feta

Hands-on: **25 mins**  
Ready in: **30 mins**

Spicy (optional  
chilli flakes)

Low calorie

Get ready to be bowled over by this bright, bold and saucy combination of flavours. With roasted veggies, a charred corn salsa, chunky smashed avocado and topped off with an oozy egg, this is a colourful taste of Mexico in an easy-to-eat, but hard-to-put-down package!

**Pantry Staples:** Olive Oil, White Wine Vinegar, Vinegar, Eggs

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



### 1 BAKE THE MEXICAN VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm cubes. Cut the **red capsicum** into 1cm strips. Cut the **red onion** into 2cm wedges.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time. Place the **kumara, capsicum** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, sprinkle with the **Tex-Mex spice blend** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



### 4 MAKE THE SALSA

Heat a medium frying pan over a high heat. Add the **corn** kernels and cook, tossing occasionally, until golden and lightly charred, **4-5 minutes**. **TIP:** Cover the pan with a lid or foil if the kernels are "popping" out! Transfer to a medium bowl. Add the **tomato, remaining** chopped **coriander** and a **drizzle** of **olive oil** and **vinegar** to the corn. Season with **salt** and **pepper** and mix well.



### 2 GET PREPPED

While the veggies are roasting, drain the **sweetcorn** (see ingredients list). Finely chop the **tomato**. Cut the **avocado** into 1cm cubes. Finely chop the **coriander** (reserve a few leaves for garnish!). Finely chop the **garlic** (or use a garlic press).



### 5 FRY THE CHILLI EGGS

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Crack the **eggs** into the pan, sprinkle with a **pinch** of **chilli flakes** (if using) and cook until the yolks are just firm, **3-4 minutes**. Remove from the heat.



### 3 MAKE THE CHUNKY GUACAMOLE

In a medium bowl, combine the **avocado, white wine vinegar**, a **pinch** of **garlic** and **1/2** the **coriander**. Mash lightly with a fork or potato masher. Season to taste with **salt** and **pepper** and mix well. Taste and add more garlic if you like.



### 6 SERVE UP

Divide the Mexican veggies, chunky guacamole and tomato and corn salsa between bowls. Crumble over the **feta**, top with the chilli fried eggs and sprinkle with the reserved coriander leaves.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	3 (medium)	3 (large)
red capsicum	1	2
red onion	1	2
Tex-Mex spice blend	1 sachet	2 sachets
sweetcorn	½ tin (150g)	1 tin (300g)
tomato	1	2
avocado	1	2
coriander	1 bunch	1 bunch
garlic	1 clove	2 cloves
white wine vinegar*	½ tsp	1 tsp
vinegar*	drizzle	drizzle
eggs*	2	4
chilli flakes (optional)	pinch	pinch
feta	1 block (50g)	1 block (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2260kJ (541Cal)	393kJ (94Cal)
Protein (g)	21.7g	3.8g
Fat, total (g)	24.2g	4.2g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	54.0g	9.4g
- sugars (g)	22.0g	3.8g
Sodium (g)	966mg	168mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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