



# Brown Rice Burrito Bake

with Roasted Sweet Potato & Red Pepper

**CLASSIC** 40 Minutes • Little Heat • 3.5 of your 5 a day • Veggie

Nº 5



Sweet Potato



Red Pepper



Ground Cumin



Smoked Paprika



Chilli Flakes



Vegetable Stock Powder



Brown Basmati Rice



Coriander



Cheddar Cheese



Lime



Kidney Beans



Soured Cream



Avocado

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Large Saucepan, Fine Grater, Sieve, Ovenproof Dish and Coarse Grater.

### Ingredients

	2P	3P	4P
Sweet Potato**	1 small	1 large	1 large
Red Pepper**	1	1½	2
Ground Cumin	1 small sachet	1 large sachet	1 large sachet
Smoked Paprika	1 small pot	1 large pot	1 large pot
Chilli Flakes	a pinch	a pinch	a pinch
Vegetable Stock Powder <b>10</b>	1 sachet	1½ sachets	2 sachets
Brown Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Cheddar Cheese <b>7</b> **	2 blocks	3 blocks	4 blocks
Lime**	1	1	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Soured Cream <b>7</b> **	150g	225g	300g
Avocado**	1	1½	2

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	628g	100g
Energy (kJ/kcal)	3950 /944	629 /150
Fat (g)	46	7
Sat. Fat (g)	21	3
Carbohydrate (g)	99	16
Sugars (g)	15	2
Protein (g)	30	5
Salt (g)	1.92	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 10) Celery

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Roast the Veggies

Preheat your oven to 200°C. Fill and boil your kettle. Chop the **sweet potato** into 2cm cubes (no need to peel!). Halve the **pepper** and discard the core and seeds, chop into 2cm pieces. Pop the **potato** and **pepper** on a baking tray, drizzle with **oil** and sprinkle over the **ground cumin**, **paprika**, **salt** and **pepper** and a pinch of **chilli flakes** (careful, they're hot!). Toss and roast on the top shelf of your oven, 20-25 mins, turning halfway through cooking.



## 4. Finish the Rice

Preheat your grill to high. When the **rice** is almost cooked, add the **kidney beans** to your saucepan and cook for a further 3 mins. Drain the **rice** and **beans** in the sieve and return to the pan. Cover with a lid and keep warm off the heat if it's ready before everything else. Stir the remaining **lime juice** and **half** the **coriander** through the **rice** and **beans**, then transfer to an ovenproof dish.



## 2. Start the Rice

Meanwhile, pour some boiling **water** (you'll need quite a lot) into a large saucepan and place on high heat. Bring back to the boil, then stir in and dissolve the **vegetable stock powder**. Add the **brown rice** and simmer until cooked, 25-30 mins (add more water if it all boils away). Meanwhile, roughly chop the **coriander** (stalks and all) and grate the **cheddar cheese**. Zest and halve the **lime**. Drain and rinse the **kidney beans** in a sieve.



## 5. Grill the Bake

Add the **roasted vegetables** to the dish with the **rice** and gently combine everything together. Sprinkle over the **grated cheese** and pop the dish under your grill until the **cheese** is bubbling, 3-4 mins.



## 3. Make the Toppings

Put the **soured cream** in a bowl and stir in the **lime zest**. Season with **salt** and **pepper** and stir together. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board. Chop into 2cm chunks. Put the **avocado** into a bowl and squeeze over **half** the **lime juice**.



## 6. Garnish and Serve

Remove from your grill and scatter over the **avocado**. Dollop the **soured cream** across the top and sprinkle with the remaining **coriander** and a final scattering of **chilli flakes** if you like a kick! Share between your bowls.

Enjoy!