



SMOKY SEITAN RICE BOWL

with Veggies and Guacamole



HELLO
CHIPOTLE SEITAN
A hearty wheat protein with smoky, sultry vibes

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 660**



Red Onion



Cilantro



Romaine Lettuce



Jasmine Rice



Monterey Jack Cheese
(Contains: Milk)



Lime



Roma Tomato



Chipotle Seitan
(Contains: Wheat, Soy)



Avocado

START STRONG

Always fluff your rice with a fork. The prongs do a superior job of making the grains light and fluffy without smooching or mashing them.

BUST OUT

- Small pot
- 2 Medium bowls
- Zester
- Large pan
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|------------------------|---------------|
| • Red Onion | 1 2 |
| • Lime | 1 1 |
| • Cilantro | ¼ oz ¼ oz |
| • Roma Tomato | 1 2 |
| • Romaine Lettuce | 1 2 |
| • Jasmine Rice | ½ Cup 1 Cup |
| • Chipotle Seitan | 8 oz 16 oz |
| • Avocado | 1 2 |
| • Monterey Jack Cheese | ½ Cup 1 Cup |

HELLO WINE



PAIR WITH
Mari Mari Chile Cabernet, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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1 PREP

Wash and dry all produce. Bring $\frac{3}{4}$ cup water and a pinch of salt to a boil in a small pot. Halve, peel, and finely dice onion. Set aside 2 TBSP diced onion in a medium bowl. Zest lime until you have $\frac{1}{2}$ tsp zest, then cut into halves. Finely chop cilantro. Dice tomato. Finely chop lettuce.



4 MAKE GUACAMOLE

Halve, pit, and scoop flesh from avocado, then roughly chop. Add to bowl with reserved onion. Squeeze in juice from one lime half. Season with salt and pepper. Mash with a fork until mostly smooth. Stir in half the cilantro and just enough tomato to give guacamole a chunky texture. **TIP:** Toss any extra tomato into pan with seitan.



2 COOK RICE

Once water is boiling, add rice to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes.



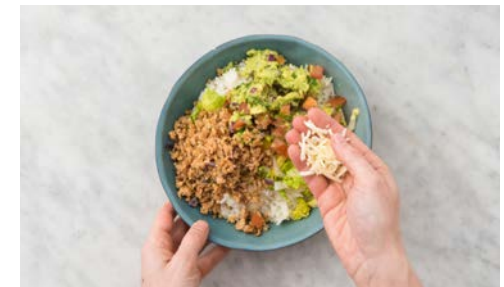
5 MAKE LIME RICE

Once rice is done, fluff with a fork. Add lime zest and a squeeze of lime juice and stir to combine. Season with salt, pepper, and more lime juice (to taste).



3 COOK ONION AND SEITAN

Heat a large drizzle of olive oil in a large pan over medium-high heat. Add onion and cook, tossing, until softened, 3-4 minutes. Add seitan and cook, tossing occasionally, until lightly browned and warmed through, 3-4 minutes. Reduce heat to low and keep on stove until ready to serve.



6 FINISH AND PLATE

Toss lettuce with a drizzle of olive oil in another medium bowl. Season with salt and pepper. Divide rice between bowls, then top with seitan mixture, lettuce, and guacamole. Sprinkle with cheese, remaining cilantro, and any remaining lime juice (to taste).

BOWLED AWAY!

Guac isn't extra in this bowl, it's essential.

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