



# VEGGIE BURRITOS

with Tomato Salad, Lime and Soured Cream



XXX

XXXX



Vegetable Stock Powder



Basmati Rice



Red Onion



Red Pepper



Green Pepper



Mixed Beans



Mississippi Style Spice Mix



Tomato Purée



Mature Cheddar Cheese



Cherry Plum Tomatoes



Coriander



Lime



Whole Wheat Soft Tortillas



Soured Cream

MEAL BAG  
12

Hands on: 25 mins  
Total: 35 mins

Family Box

2 of your  
5 a day

Veggie

Little heat

Quick, fresh, and packed with veg, our vegetarian take on the Mexican classic is the perfect midweek treat. Seasoned with our delicious Mississippi spice mix, rolled up, covered with cheese and baked until crisp and golden, the flavours in our burritos are hard to beat. Served with a fresh tomato salad and cooling soured cream, we recommend serving everything up in the middle of your table and getting everyone to tuck in.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Colander, Frying Pan, Coarse Grater, Fine Grater** and **Baking Tray**. Now, let's get cooking!



### 1 COOK THE RICE

Pour the **water** (see ingredients for amount) and the **stock powder** into a large saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat and pop a lid on the pan. Cook for 10 mins then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve.

★ **TIP:** The rice will finish cooking in its own steam.



### 2 PREP TIME

Meanwhile, halve, peel and thinly slice the **red onion**. Halve the **pepper(s)** and discard the core(s) and seeds. Slice into thin strips. Drain and rinse the **mixed beans** in a colander. Heat a splash of **oil** in a frying pan over medium-high heat. When hot, add the **red onion** and **pepper(s)**. Stir and cook until softened, 5-6 mins.



### 3 SPICE IT UP!

Add the **Mississippi style spice mix** to the pan along with the **tomato purée**. Stir and cook for 2 mins then stir in the **beans** and remove from the heat. Meanwhile, finish off the prep. Grate the **cheese**, halve the **cherry plum tomatoes**, roughly chop the **coriander** (stalks and all). Zest the **lime** then cut into wedges. Preheat your oven to 200°C and lightly oil a baking tray.



### 4 MAKE THE SALAD

Pop the **cherry tomatoes** into a small bowl and mix in **half the lime zest** and a good squeeze of **lime juice**. Season with **salt** and **pepper** and keep to one side.



### 5 TIME TO ROLL!

When cooked, fluff the **rice** up with a fork and fold the **bean mixture** into the **rice**. Add the remaining **lime zest** and **juice** then season to taste with **salt** and **pepper**. Lay a **tortilla** on a board. Spoon 2-3 tbsp of the **mixture** down the middle of the **tortilla** (leaving some space at each end). Fold the two short ends in, over the top of the filling followed by the two longer sides, like wrapping a present!



### 6 BAKE AND SERVE

As you make them, arrange the **burritos**, seam-side down on the baking tray and repeat with the remaining filling and **tortillas**. Sprinkle on the **cheese** and bake until golden, 12-15 mins. Serve 2 per person with the **tomato salad** and **soured cream** alongside. Finish with a sprinkling of **coriander** for those that like it. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	300ml	450ml
Vegetable Stock Powder 10)	1 sachet	1 sachet	1 sachet
Basmati Rice	150g	150g	225g
Red Onion *	½	1	1
Red Pepper *	-	1	1
Green Pepper *	1	1	1
Mixed Beans	1 carton	1½ cartons	2 cartons
Mississippi Style Spice Mix	½ pot	1 pot	1 pot
Tomato Purée *	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese 7) *	1 block	2 blocks	2 blocks
Cherry Plum Tomatoes	1 small punnet	1 small punnet	1 large punnet
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1	1
Whole Wheat Soft Tortillas 13)	4	6	8
Soured Cream 7) *	½ pouch	¾ pouch	1 pouch

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 592G	PER 100G
Energy (kJ/kcal)	3381 / 808	571 / 137
Fat (g)	20	3
Sat. Fat (g)	9	2
Carbohydrate (g)	120	20
Sugars (g)	13	2
Protein (g)	30	5
Salt (g)	2.99	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 10) Celery 13) Gluten

🧼 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.

### 👍 THUMBS UP OR THUMBS DOWN?

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