



# CHORIZO BURRITO BOWL

with Avocado Pico de Gallo and Cilantro-Lime Rice

PRONTO



## HELLO CHORIZO

Spain's bold-flavoured sausage is balanced by sweet tomatoes and creamy avocado

TIME: 30 MIN



Chorizo Sausage, uncased



Garlic



Green Onions



Basmati Rice



Cilantro



Sour Cream



Lime



Grape Tomatoes



Avocado



Mexican Seasoning



Corn Kernels

## BUST OUT

- Medium Bowl
- Large Non-Stick Pan
- Small Bowl
- Medium Pot
- Measuring Spoons
- Zester
- Garlic Press
- Salt and Pepper
- Measuring Cups
- Olive or Canola Oil

## INGREDIENTS

2-person | 4-person

- |                            |        |  |         |
|----------------------------|--------|--|---------|
| • Chorizo Sausage, uncased | 250 g  |  | 500 g   |
| • Garlic                   | 6 g    |  | 12 g    |
| • Green Onions             | 2      |  | 4       |
| • Basmati Rice             | ¾ cup  |  | 1 ½ cup |
| • Cilantro                 | 7 g    |  | 14 g    |
| • Sour Cream 2             | 6 tbsp |  | 12 tbsp |
| • Lime                     | 1      |  | 2       |
| • Grape Tomatoes           | 113 g  |  | 227 g   |
| • Avocado                  | 1      |  | 2       |
| • Mexican Seasoning        | 1 tbsp |  | 2 tbsp  |
| • Corn Kernels             | 113 g  |  | 227 g   |

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- |                 |                           |
|-----------------|---------------------------|
| 0 Fish/Poisson  | 6 Mustard/Moutarde        |
| 1 Wheat/Blé     | 7 Peanut/Cacahuète        |
| 2 Milk/Lait     | 8 Sesame/Sésame           |
| 3 Egg/Oeuf      | 9 Sulphites/Sulfites      |
| 4 Soy/Soja      | 10 Crustacean/Crustacé    |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



**1 PREP**  
Wash and dry all produce.\* In a medium pot, add **1 ¼ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, halve **tomatoes**. Zest, then juice **lime(s)**. Peel, then mince or grate **garlic**. Thinly slice **green onions**. Finely chop **cilantro**. Peel, pit and cut **avocado(s)** into bite-sized pieces.



**4 FINISH CHORIZO**  
To **chorizo**, add **corn**. Cook, stirring occasionally, until golden-brown, 2-3 min. Reduce heat to medium. Add **Mexican seasoning, garlic** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring together, until fragrant, 1-2 min.



**2 COOK RICE**  
To **boiling water**, add **rice**. Reduce the heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



**5 FINISH CONDIMENTS**  
When **rice** is done, fluff with a fork and stir in **half the green onions, half the lime zest** and **half the cilantro**. Season with **salt**. In a small bowl, mix **sour cream, half the lime juice** and **remaining lime zest**. (**NOTE:** This is your lime crema!) In a medium bowl, mix **tomatoes, avocado, remaining green onions, remaining cilantro** and **remaining lime juice**. Season with **salt** and **pepper**. (**NOTE:** This is your pico de gallo!)



**3 COOK CHORIZO**  
Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chorizo**. Cook, breaking up **chorizo** into smaller pieces, until golden-brown and cooked through, 6-7 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.\*\*)



**6 FINISH AND SERVE**  
Divide **rice** between bowls and top with **chorizo mixture** and **pico de gallo**. Dollop over **lime crema**.

## TASTY!

All the joy of a burrito without the extra carbs!

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