



# Easy Smokey Beef & Garlic Rice Bowl

with Caesar Slaw & Cherry Tomato Salad

KID FRIENDLY

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Deluxe Slaw Mix



Caesar Dressing



Snacking Tomatoes



All-American Spice Blend



Beef Strips



BBQ Sauce



Coriander



Prawns

Prep in: 10-20 mins  
Ready in: 20-30 mins



Calorie Smart



Eat Me First\*

\*Custom Recipe only

Fast, fresh, and family-friendly, this bright bowl of deliciousness is served over fluffy garlic rice, and comes together in four simple steps. The 'secret' ingredient? BBQ sauce. Its sweet and smokey flavour works a treat with the All-American spiced beef strips.

**CUSTOM RECIPE**

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
deluxe slaw mix	1 medium bag	1 large bag
caesar dressing	½ packet	1 packet
snacking tomatoes	1 punnet	2 punnets
<b>white wine vinegar*</b>	drizzle	drizzle
All-American spice blend	1 medium sachet	1 large sachet
beef strips	1 small packet	2 small packets OR 1 large packet
BBQ sauce	1 packet	2 packets
coriander	1 bag	1 bag
prawns**	1 packet (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2470kJ (590Cal)	592kJ (141Cal)
Protein (g)	37.3g	8.9g
Fat, total (g)	12.8g	3.1g
- saturated (g)	3.7g	0.9g
Carbohydrate (g)	77.4g	18.6g
- sugars (g)	14.4g	3.5g
Sodium (mg)	810mg	194mg
Dietary Fibre (g)	12.5g	3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1962kJ (469Cal)	500kJ (120Cal)
Protein (g)	21.9g	5.6g
Fat, total (g)	6.2g	1.6g
- saturated (g)	0.6g	0.2g
Carbohydrate (g)	77.3g	19.7g
- sugars (g)	14.4g	3.7g
Sodium (mg)	1396mg	356mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

3



## Cook the beef

- In a third medium bowl, combine **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **beef strips**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, in batches, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat. Add **BBQ sauce** and a splash of **water**, turning **beef** to coat.

**TIP:** Cooking the beef in batches over high heat helps it stay tender.

**Custom Recipe:** If you've upgraded to prawns, flavour prawns and heat pan in the same way as above. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Remove pan from heat and continue as above.

2



## Get prepped

- While the rice is cooking, in a medium bowl, combine **deluxe slaw mix** and **caesar dressing** (see ingredients). Season with **salt** and **pepper**. Set aside.
- Halve **snacking tomatoes**.
- In a second medium bowl, combine **tomatoes** and a drizzle of the **white wine vinegar** and **olive oil**. Season to taste.

**Little cooks:** Take the lead and help combine the ingredients for the slaw and the salad!

4



## Serve up

- Divide garlic rice between bowls.
- Serve with caesar slaw, tomato salad and smokey beef.
- Tear over **coriander** to serve. Enjoy!

**Little cooks:** Add the finishing touch by tearing over the coriander!

## Rate your recipe

Did we make your tastebuds happy?

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