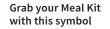


Easy Smokey Beef & Garlic Rice Bowl with Caesar Slaw & Cherry Tomato Salad

KID FRIENDLY

DIETITIAN APPROVED















Caesar Dressing





Snacking Tomatoes

All-American Spice Blend





Beef Strips

BBQ Sauce



Coriander





Calorie Smart Ready in: 20-30 mins

Pantry items Olive Oil, White Wine Vinegar

Eat Me First*

*Custom Recipe only

simple steps. The 'secret' ingredient? BBQ sauce. Its sweet and smokey flavour works a treat with the All-American spiced beef strips.

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
refer to method	refer to method
2 cloves	4 cloves
1¼ cups	2½ cups
1 medium packet	1 large packet
1 medium bag	1 large bag
½ packet	1 packet
1 punnet	2 punnets
drizzle	drizzle
1 medium sachet	1 large sachet
1 small packet	2 small packets OR 1 large packet
1 packet	2 packets
1 bag	1 bag
1 packet (200g)	2 packets (400g)
	refer to method 2 cloves 1¼ cups 1 medium packet 1 medium bag ½ packet 1 punnet drizzle 1 medium sachet 1 small packet 1 packet 1 bag 1 packet

^{*}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 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





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!



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.



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!



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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate