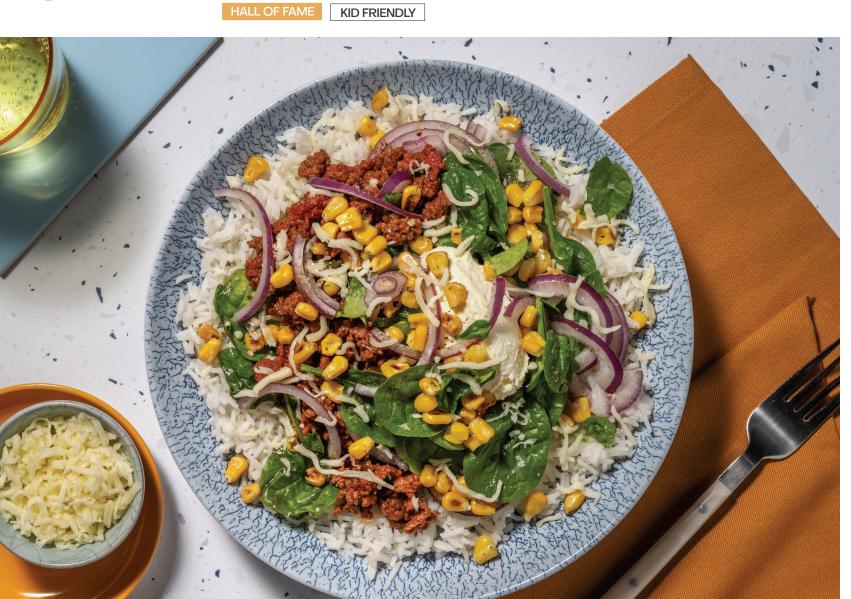
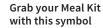


# Cheesy Beef & Bacon Rice Bowl with Sour Cream & Charred Corn Salsa













Sweetcorn







**Baby Spinach** 

Diced Bacon



**Beef Mince** 

Tex-Mex Spice Blend





Tomato Paste



Cheddar Cheese



Prep in: 20-30 mins Ready in: 30-40 mins

A bountiful bowl of goodness is on the menu for tonight. Dive into fluffy basmati rice that works as the perfect base for Tex-Mex spiced beef and bacon and top it all off with a bright corn salsa to bring it all together!

**Pantry items** 

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

### 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

mig. Calci.		
	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
sweetcorn	1 tin (125g)	1 tin (300g)
red onion	1	2
baby spinach leaves	1 small bag	1 medium bag
vinegar* (white wine or rice wine)	drizzle	drizzle
diced bacon	1 packet (90g)	1 packet (180g)
beef mince	1 small packet	2 small packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water* (for the beef)	⅓ cup	⅓ cup
light sour cream	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
Cheddar cheese**	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3906kJ (934Cal)	757kJ (181Cal)
Protein (g)	50.5g	9.8g
Fat, total (g)	44.3g	8.6g
- saturated (g)	22.4g	4.3g
Carbohydrate (g)	80.4g	15.6g
- sugars (g)	15.4g	3g
Sodium (mg)	1390mg	269mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4250kJ (1016Cal)	<b>793kJ</b> (190Cal)
Protein (g)	55.4g	10.3g
Fat, total (g)	51.4g	9.6g
- saturated (g)	26.6g	5g
Carbohydrate (g)	80.4g	15g
- sugars (g)	15.4g	2.9g
Sodium (mg)	1534mg	286mg

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 rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook garlic paste until fragrant, 1-2 minutes.
- Add basmati rice, the water (for the rice) and a generous pinch of salt. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



#### Char the corn

- Meanwhile, drain sweetcorn.
- Heat a large frying pan over high heat.
- Cook corn until lightly browned, 4-5 minutes.
  Transfer to a medium bowl.

**TIP:** Cover the pan with a lid if the kernels are 'popping' out.



#### Make the salsa

- Thinly slice **red onion** into half-moons.
- · Roughly chop baby spinach leaves.
- To bowl with the corn, add onion, baby spinach leaves, a drizzle of vinegar, olive oil and a pinch of salt and pepper, tossing to combine.



#### Cook the bacon & beef

- Return frying pan to medium-high heat, with a drizzle of olive oil.
- Cook diced bacon, breaking bacon up with a spoon, until just golden, 2-3 minutes
- Add beef mince, breaking mince up with a spoon, until just browned, 4-5 minutes.

**TIP:** For best results, drain the oil from the pan at the end of this step.



## Add the flavourings

- Stir in Tex-Mex spice blend and tomato paste, until fragrant, 1 minute.
- Add the water (for the beef) and cook, stirring occasionally, until thickened, 1-2 minutes.
   Season to taste.



## Serve up

- Divide garlic rice between bowls. Top with Mexican beef and bacon mixture.
- Top with **light sour cream**, **Cheddar cheese** and corn salsa to serve. Enjoy!

**Custom Recipe:** If you've doubled your Cheddar cheese, sprinkle extra Cheddar over the meal to serve, as above.



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