



Cheesy Beef & Bacon Rice Bowl

with Sour Cream & Charred Corn Salsa

HALL OF FAME

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Sweetcorn



Red Onion



Baby Spinach Leaves



Diced Bacon



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Light Sour Cream



Cheddar Cheese



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!

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

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

	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	⅔ 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

*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)	793kJ (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!



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.



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.



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.



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.



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.

Rate your recipe

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