

# Tex-Mex Cowboy Beef & Rice

with Veggies & Sour Cream

NEW

KID FRIENDLY



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**Beef Strips** 





Tex-Mex Spice

Blend

Soffritto Mix





**Baby Spinach** 

Tomato Paste





Prep in: 5-15 mins Ready in: 25-35 mins Howdy! We have a crowd-pleasing Tex-Mex spiced beef and veggie duo that we are gladly tipping our hats off to. Pile it high over a bed of fluffy bastmati rice and you'll have a seriously happy stomach once you dig into this.

**Pantry items** Olive Oil, Butter

# 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 lid a lid · Large frying pan

# Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
boiling water*	1½ cups	3 cups		
basmati rice	1 medium packet	1 large packet		
capsicum	1	2		
garlic	2 cloves	4 cloves		
beef strips	1 small packet	2 small packets OR 1 large packet		
soffritto mix	1 medium bag	1 large bag		
Tex-Mex spice blend	1 medium sachet	1 large sachet		
tomato paste	1 medium packet	2 medium packets		
salt*	1/4 tsp	½ tsp		
water*	⅓ cup	⅔ cup		
butter*	40g	80g		
baby spinach leaves	1 small bag	1 medium bag		
light sour cream	1 medium packet	1 large packet		
beef strips**	1 small packet	2 small packets OR 1 large packet		

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

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3241kJ (775Cal)	582kJ (139Cal)
Protein (g)	40.8g	7.3g
Fat, total (g)	31g	5.6g
- saturated (g)	18g	3.2g
Carbohydrate (g)	79g	14.2g
- sugars (g)	16.2g	2.9g
Sodium (mg)	1056mg	190mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>4001kJ</b> (956Cal)	587kJ (140Cal)
Protein (g)	70.8g	10.4g
Fat, total (g)	37.8g	5.5g
- saturated (g)	20.8g	3.1g
Carbohydrate (g)	79.2g	11.6g
- sugars (g)	16.3g	2.4g
Sodium (mg)	1116mg	164mg

The quantities provided above are averages only.

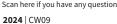
# **Allergens**

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

- Boil the kettle. In a medium saucepan, add the **boiling water** (1½ cups for 2 people / 3 cups for 4 people).
- Add basmati rice, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10 minutes.

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



#### Make the stew

- · Return frying pan to medium-high heat with a drizzle of olive oil. Cook capsicum, tossing, until slightly tender, 2-3 minutes. Add soffritto mix and cook, until tender, **5-6 minutes**.
- Reduce heat to medium, add garlic and Tex-Mex spice blend and cook until fragrant, 1 minute.
- Stir in tomato paste, the salt and water and half the butter, and simmer until bubbling, 2-3 minutes.
- Remove from heat, add **baby spinach leaves** and return **beef strips** to pan, stirring to combine. Season to taste.



### Cook the beef

- Meanwhile, thinly slice capsicum. Finely chop garlic.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate and season.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

Custom Recipe: If you've doubled your beef strips, cook beef as above.



# Serve up

- To pan with rice, stir in the remaining butter, until coated. Season to taste.
- · Divide rice between bowls.
- Top with Tex-Mex cowboy beef, veggies and light sour cream to serve. Enjoy!