



# Tex-Mex Cowboy Beef & Rice

with Veggies & Sour Cream

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Capsicum



Garlic



Beef Strips



Soffritto Mix



Tex-Mex Spice Blend



Tomato Paste



Baby Spinach Leaves



Light Sour Cream



Beef Strips

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 basmati rice and you'll have a seriously happy stomach once you dig into this.

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>boiling water*</b>	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
<b>salt*</b>	¼ tsp	½ tsp
<b>water*</b>	½ cup	¾ cup
<b>butter*</b>	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

\*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)	4001kJ (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](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



## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)