



# 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
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
sweetcorn	1 medium tin	1 large tin
red onion	1	2
baby spinach leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
diced bacon	1 medium packet	1 large packet
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 medium packet	2 medium packets
<b>water*</b> (for the beef)	½ cup	¾ cup
light sour cream	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
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\*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)	80.6g	15.6g
- sugars (g)	15.6g	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)	26.7g	5g
Carbohydrate (g)	80.8g	15.1g
- sugars (g)	15.8g	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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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 kernels** 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 corn, add **onion**, **baby spinach leaves**, a drizzle of **vinegar**, **olive oil** and a pinch of **salt** and **pepper**, tossing to combine.

**Little cooks:** Take the lead by tossing the salsa!



## Serve up

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

**Little cooks:** Take the lead and top garlic rice with all the essential garnishes!

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

We're here to help!

Scan here if you have any questions or concerns

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