



Easy Smokey Beef Bowl

with Caesar Slaw & Cherry Tomato

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Slaw Mix



Baby Spinach Leaves



Caesar Dressing



Snacking Tomatoes



All-American Spice Blend



Beef Strips



BBQ Sauce

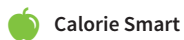


Coriander



Peeled Prawns

Prep in: 10-20 mins
Ready in: 20-30 mins



Calorie Smart



Eat Me First*

*Custom Recipe only

Fast, fresh, and family-friendly, this bright bowl of deliciousness is served over fluffy garlic rice, and comes together in four simple steps. The 'secret' ingredient? BBQ sauce. Its sweet and smokey flavour works a treat with the All-American spiced beef strips.

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

Pantry items

Olive Oil, White Wine Vinegar

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
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
slaw mix	1 small packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
caesar dressing	½ packet	1 packet
snacking tomatoes	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
All-American spice blend	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
BBQ sauce	1 packet	2 packets
coriander	1 packet	1 packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2453kJ (586Cal)	568kJ (135Cal)
Protein (g)	38g	8.8g
Fat, total (g)	11.9g	2.8g
- saturated (g)	3.4g	0.8g
Carbohydrate (g)	78g	18g
- sugars (g)	14.9g	3.4g
Sodium (mg)	817mg	189mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1953kJ (466Cal)	486kJ (116Cal)
Protein (g)	21.3g	5.3g
Fat, total (g)	6.1g	1.5g
- saturated (g)	1g	0.2g
Carbohydrate (g)	78.8g	19.6g
- sugars (g)	15.7g	3.9g
Sodium (mg)	1381mg	343mg

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



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low. Cover with a lid. Cook for **10 minutes**, then remove from heat. 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!

3



Cook the beef

- In a third medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **beef strips**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, in batches, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat. Add **BBQ sauce** and a splash of **water**, turning **beef** to coat.

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

Custom Recipe: If you've upgraded to peeled prawns, flavour prawns and heat pan in the same way as above. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Remove pan from heat and continue as above.

2



Get prepped

- While the rice is cooking, in a medium bowl, combine **slaw mix**, **baby spinach leaves** and **caesar dressing** (see ingredients). Season with **salt** and **pepper**. Set aside.
- Halve **snacking tomatoes**.
- In a second medium bowl, combine **tomatoes** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead and help combine the ingredients for the slaw and the salad!

4



Serve up

- Divide garlic rice between bowls.
- Serve with caesar slaw, cherry tomatoes and smokey beef.
- Tear over **coriander** to serve. Enjoy!

Little cooks: Add the finishing touch by tearing over the coriander!

Rate your recipe

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