



# American BBQ Beef & Mushroom Bowl

with Garlic Rice & Salsa

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Beef Mince



Sliced Mushrooms



All-American Spice Blend



Sweet & Savoury Glaze



Tomato



Baby Spinach Leaves



Cheddar Cheese



Coriander



Pork Mince

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me First

A bountiful bowl of goodness is on the menu for tonight. Dive into fluffy basmati rice that works as the perfect base for All-American spiced beef and mushrooms and top it all off with a bright tomato 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, 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
<b>olive oil*</b>	refer to method	refer to method
garlic	1 clove	2 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
beef mince	1 medium packet	2 medium packets OR 1 large packet
sliced mushrooms	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
tomato	1	2
baby spinach leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
coriander	1 packet	1 packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3096kJ (740Cal)	745kJ (178Cal)
Protein (g)	40.8g	9.8g
Fat, total (g)	29.4g	7.1g
- saturated (g)	15.6g	3.8g
Carbohydrate (g)	73.4g	17.7g
- sugars (g)	11.8g	2.8g
Sodium (mg)	835mg	201mg
Dietary Fibre (g)	10g	2.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3068kJ (733Cal)	738kJ (176Cal)
Protein (g)	37.3g	9g
Fat, total (g)	30.3g	7.3g
- saturated (g)	15.1g	3.6g
Carbohydrate (g)	73.4g	17.7g
- sugars (g)	11.8g	2.8g
Sodium (mg)	834mg	201mg
Dietary Fibre	10g	2.4g

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



1



## Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic**, stirring, until fragrant, **1 minute**.
- Add **basmati rice**, the **water** 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!

3



## Make the salsa

- Meanwhile, roughly chop **tomato** and **baby spinach leaves**.
- In a medium bowl, combine **spinach**, **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



## Cook the beef & mushrooms

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat. Cook **beef mince** and **sliced mushrooms** (no need for oil!), breaking up mince with a spoon, until just browned, **6-7 minutes**.
- Add **All-American spice blend** and cook until fragrant, **1 minute**.
- Remove from heat and stir through **sweet & savoury glaze** and a splash of water, tossing to combine. Season to taste.

**Custom Recipe:** If you've swapped to pork mince, cook pork in the same way as the beef mince.

4



## Serve up

- Divide garlic rice between bowls.
- Top with American BBQ beef and mushrooms, **Cheddar cheese** and salsa.
- Tear over **coriander** 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)