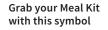


American BBQ Beef & Mushroom Bowl

with Garlic Rice & Salsa

NEW

KID FRIENDLY













Beef Mince

Sliced Mushrooms



All-American Spice Blend

Sweet & Savoury Glaze





Baby Spinach Leaves





Coriander





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!



Pantry items

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 \cdot Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
1 clove	2 cloves
20g	40g
1 medium packet	1 large packet
1½ cups	3 cups
1 medium packet	2 medium packets OR 1 large packet
1 medium packet	1 large packet
1 medium sachet	1 large sachet
1 medium packet	1 large packet
1	2
1 small packet	1 medium packet
drizzle	drizzle
1 medium packet	1 large packet
1 packet	1 packet
1 medium packet	2 medium packets OR 1 large packet
	refer to method 1 clove 20g 1 medium packet 1½ cups 1 medium packet 1 small packet drizzle 1 medium packet 1 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		

Per 100g 3068kJ (733Cal) 738kJ (176Cal) Energy (kJ) Protein (g) 9g 37.3g Fat, total (g) 30.3g 7.3g - saturated (g) 15.1g 3.6g Carbohydrate (g) 73.4g 17.7g 11.8g 2.8g - sugars (g) 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 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

- 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!



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.



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.



Serve up

- Divide garlic rice between bowls.
- Top with American BBQ beef and mushrooms, Cheddar cheese and salsa.
- Tear over coriander to serve. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate