



# Loaded Beef & Bacon Rice Bowl

with Sour Cream & Charred Corn Salsa

HALL OF FAME

KID FRIENDLY

Grab your meal kit with this number

4



Garlic Paste



Basmati Rice



Sweetcorn



Red Onion



Baby Spinach Leaves



Diced Bacon



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



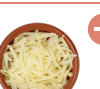
Light Sour Cream



Cheddar Cheese



Beef Mince



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!

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 medium packet	2 medium 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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3863kJ (923Cal)	787kJ (188Cal)
Protein (g)	48.9g	10g
Fat, total (g)	43.5g	8.9g
- saturated (g)	22.1g	4.5g
Carbohydrate (g)	81.1g	16.5g
- sugars (g)	15.8g	3.2g
Sodium (mg)	1285mg	262mg
Dietary Fibre (g)	11.8g	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.

1



## Cook the garlic 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!

4



## 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.

2



## Char the corn

- Meanwhile, drain **sweetcorn**.
- Heat a large frying pan over high heat.
- Cook **corn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid if the kernels are 'popping' out.

5



## 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.

3



## Make the salsa

- Thinly slice **red onion**.
- Roughly chop **baby spinach leaves**.
- To bowl with the **corn**, add **onion**, **baby spinach leaves**, a drizzle of **vinegar** and **olive oil** and a pinch of **salt** and **pepper**, tossing to combine.

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

6



## Serve up

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

**Little cooks:** Add the finishing touch by dolloping over light sour cream, sprinkling cheese and topping with salsa!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



CUSTOM  
OPTIONS

+ **DOUBLE BEEF MINCE**  
Follow method above.

+ **DOUBLE CHEDDAR CHEESE**  
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

