



Loaded Beef & Bacon Rice Bowl

with Sour Cream & Charred Corn Salsa

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



Cheddar Cheese



Beef Mince

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 |
|--|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| butter* | 20g | 40g |
| garlic paste | 1 packet | 2 packets |
| basmati rice | 1 medium packet | 1 large packet |
| water* (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 |
| vinegar* (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 | 2 medium sachets OR 1 large sachet |
| tomato paste | 1 medium packet | 2 medium packets |
| water* (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) | 3861kJ (923cal) | 385kJ (92cal) |
| Protein (g) | 48.9g | 4.9g |
| Fat, total (g) | 43.4g | 4.3g |
| - saturated (g) | 22g | 2.2g |
| Carbohydrate (g) | 81g | 8.1g |
| - sugars (g) | 15.8g | 1.6g |
| Sodium (mg) | 1285mg | 128mg |
| Dietary Fibre (g) | 11.9g | 1.2g |

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.

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** and cook, 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** stirring, 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 loaded beef and bacon mixture.
- Top with **light sour cream**, **Cheddar cheese** and charred 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 | CW37



CUSTOM
OPTIONS

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

+ **DOUBLE BEEF MINCE**
Follow method above, cooking in batches if necessary.

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

