



Easy Homestyle Beef & Corn Chilli

with Rice, Veggies & Sour Cream

NEW

KID FRIENDLY

Grab your meal kit with this number

12



Basmati Rice



Sweetcorn



Beef Mince



Soffritto Mix



Garlic Paste



Savoury Seasoning



Worcestershire Sauce



Passata



Baby Spinach Leaves



Light Sour Cream



Pork Mince



Beef Mince

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

Eat Me First

This beef and corn chilli is sure to become a family favourite – it can be tailored to everyone's spice limits and best of all it's super easy! The fluffy rice marries brilliantly with the beef to create a deliciously hearty bowl that even tastes supremely when you have it as leftovers the next day.

Pantry items

Olive Oil, Butter

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
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
sweetcorn	1 medium tin	1 large tin
beef mince	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
savoury seasoning	1 sachet	2 sachets
Worcestershire sauce	1 packet	2 packets
passata	1 packet	2 packets
salt*	¼ tsp	½ tsp
butter*	15g	30g
water* (for the beef)	¼ cup	½ cup
baby spinach leaves	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3351kJ (801cal)	316kJ (76cal)
Protein (g)	37.7g	3.6g
Fat, total (g)	32.8g	3.1g
- saturated (g)	14.7g	1.4g
Carbohydrate (g)	83.1g	7.8g
- sugars (g)	17.4g	1.6g
Sodium (mg)	1385mg	130.8mg
Dietary Fibre (g)	12g	1.1g

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 rice

- In a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and 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



Finish the chilli

- Reduce heat to medium, then add **garlic paste** and **savoury seasoning** and cook until fragrant, **1 minute**.
- Stir in **Worcestershire sauce**, **passata**, the **salt**, **butter**, **water (for the beef)** and simmer until reduced, **2-3 minutes**.
- Remove from heat, then stir in **baby spinach leaves**, until combined. Season to taste with **salt** and **pepper**.

2



Start the chilli

- Meanwhile, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **beef mince** (no need for oil!) and **soffritto mix**, breaking up with a spoon, until just browned, **2-3 minutes**.
- Add **corn** and cook, tossing until softened, **4-5 minutes**.

4



Serve up

- Divide rice between bowls.
- Top with homestyle beef and corn chilli.
- Top with **light sour cream** to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO PORK MINCE
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.

