



# All-American Beef with Rice, Salsa & BBQ Mayo

**FRESH & FAST** Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3453kJ (825Cal) | Protein 42.7g | Fat, total 43.8g - saturated 17.2g | Carbohydrate 62.3g - sugars 22.8g | Sodium 1818mg  
Naturally Gluten-Free

We're here to help! Scan here  
2022 | WK30 | AL



# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan

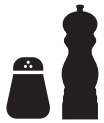


Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Beef Mince	1 small pkt	1 medium pkt
Garlic Paste	1 pkt	2 pkts
Vegetable Stock Pot	1 pkt (20g)	1 pkt (40g)
Shredded Cheddar Cheese	1 medium pkt	1 large pkt
BBQ Mayo	1 medium pkt	1 large pkt
Light Sour Cream	1 medium pkt	1 large pkt

## 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. Sizzle



Carrot



Beef Mince



Garlic Paste



All-American Spice Blend



Tomato Paste



Vegetable Stock Pot

## 2. Chop



Lemon



Tomato



Cucumber

## 3. Zap



Microwavable Basmati Rice



Shredded Cheddar Cheese



BBQ Mayo



Light Sour Cream



Coriander

- Grate **carrot**. Heat a frying pan over high heat with **olive oil**
- Cook **beef** and **carrot**, breaking up **beef** with a spoon, until beef is browned, **2 mins**
- Drain oil from pan, then add **garlic paste** and **spice blend**. Cook, stirring, until fragrant, **1 min**
- Add **tomato paste**, **stock pot** and a generous splash of **water**. Cook, stirring, until heated, **1 min**

- Cut **lemon** into wedges
- Roughly chop **tomato** and **cucumber**, then transfer to a bowl. Toss, then season

- Microwave **rice** until steaming, **2-3 mins**
- Plate up **rice** and **beef**
- Sprinkle with **Cheddar**. Spoon over **tomato-cucumber salsa**
- Top with **BBQ mayo**, **sour cream**, **lemon wedges** and torn **coriander** to serve

