



All-American Beef with Rice, Salsa & BBQ Mayo

FRESH & FAST

Box to plate: 15 mins

KID FRIENDLY

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3308kJ (791Cal) | Protein 41.3g | Fat, total 40.9g- saturated 15.5g | Carbohydrate 62g - sugars 22.7g | Sodium 1724mg
The quantities provided above are averages only.

We're here to help! Scan here
2023 | WK13 | AF



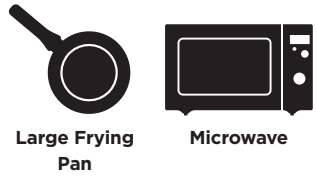
Get ready

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)



From the pantry



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)	2 pkts (40g)
Shredded Cheddar Cheese	1 medium pkt	1 large pkt
BBQ Mayo	1 medium pkt	2 medium pkts
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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



- 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 (drain excess oil from pan for best results!), **2 mins**.
- Stir in **garlic paste** and **spice blend**. Cook until fragrant, **1 min**
- Add **stock pot**, **tomato paste** and a generous splash of **water**. Cook, stirring, until heated, **1 min**



2. Chop



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



3. Zap



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



Rate your recipe

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