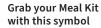
# **Beef Burrito Bowl**

with Avocado Crema & Charred Corn Salsa

























Sweetcorn









Spice Blend

Sour Cream



Shredded Cheddar Cheese



Hands-on: 20-30 mins Ready in: 25-35 mins

Naturally Gluten-Free Not suitable for coeliacs

Dig into a bowl of Mexican delights! From tender and mildly spiced beef strips to a charred corn salsa and luscious avocado crema, this colourful meal is a flavoursome feast from start to finish.



# Before you start

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 will need

Medium saucepan with lid · Large frying pan

# Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
tomato	1	2
coriander	1 bag	1 bag
sweetcorn	1 tin (125g)	1 tin (300g)
lemon	1/2	1
beef strips	1 small packet	1 medium packet
Tex-Mex spice blend	¾ sachet	1½ sachets
avocado	1/2	1
sour cream	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
beef rump**	1 packet	1 packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3622kJ (865Cal)	727kJ (173Cal)
Protein (g)	50.7g	10.2g
Fat, total (g)	38.8g	7.8g
- saturated (g)	19.8g	4g
Carbohydrate (g)	72.2g	14.5g
- sugars (g)	8.9g	1.8g
Sodium (mg)	952mg	191mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3627kJ (866Cal)	693kJ (165Cal)
Protein (g)	47.3g	9g
Fat, total (g)	40.5g	7.7g
- saturated (g)	20.4g	3.9g
Carbohydrate (g)	72.2g	13.8g
- sugars (g)	8.9g	1.7g
Sodium (mg)	980mg	187mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact





# Cook the garlic rice

Finely chop the garlic. In a medium saucepan, melt the butter with a dash of **olive oil** over a medium heat. Add 1/2 the garlic and cook until golden and fragrant, 1-2 minutes. Add the basmati rice, water and a generous pinch of salt to the pan and bring to the boil. Reduce the heat to low and cover with a lid. Cook for 10 minutes, then remove from the 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!



## Make the avocado crema

In a small bowl, mash the **avocado** flesh with a fork. Add the sour cream and stir to combine. Add a squeeze of lemon juice and season with salt and pepper.

TIP: For a smoother crema, use a food processor or stick blender.



# Get prepped

**TIP:** This is a mild spice blend, but if you're sensitive to heat, feel free to add less. While the rice is cooking, roughly chop the tomato and the coriander. Drain the sweetcorn. Slice the lemon into wedges. In a large bowl, combine the Tex-Mex **spice blend** (see ingredients) and the remaining garlic. Drizzle with olive oil, season with salt and pepper and add the beef strips. Toss to coat.



If you've upgraded to beef rump, slice each beef rump in half to get 1 steak per person. Prep the beef rump as above.



### Make the salsa

Heat a large frying pan over a high heat. Add the sweetcorn and cook until lightly charred, 4-5 minutes. Transfer to a medium bowl.

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



# Cook the beef strips

Return the frying pan to a high heat with a drizzle of olive oil. When the oil is hot, cook the beef strips, in batches, until browned and cooked through, 1-2 minutes. Transfer to a plate.

#### **CUSTOM RECIPE**

When the oil is hot, add the beef rump and cook for 2-3 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.



# Serve up

Add the tomato and coriander to the corn. Drizzle with olive oil and season. Toss to coat, Divide the rice, beef and charred corn salsa between bowls. Top with the avocado crema. Sprinkle the shredded Cheddar cheese over the beef. Serve with the remaining lemon wedges.

#### **CUSTOM RECIPE**

Slice the beef rump to serve.

Enjoy!