



Beef Burrito Bowl

with Avocado Crema & Charred Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Coriander



Sweetcorn



Lemon



Beef Strips



Tex-Mex Spice Blend



Avocado



Sour Cream



Shredded Cheddar Cheese



Beef Rump

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.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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

	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	½	1
beef strips	1 small packet	1 medium packet
Tex-Mex spice blend	¾ sachet	1½ sachets
avocado	½	1
sour cream	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
beef rump**	1 packet	1 packet

*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

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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.

CUSTOM RECIPE

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.



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.



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.



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!