



Tex-Mex Beef Burrito Bowl

with Avocado Crema & Charred Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Coriander



Sweetcorn



Tex-Mex Spice Blend



Avocado



Light Sour Cream



Beef Strips



Shredded Cheddar Cheese

Prep in: 20-30 mins

Ready in: 25-35 mins

Naturally Gluten-Free
Not suitable for coeliacs

Brimming with Tex-Mex-spiced beef strips and a juicy, tomato-laced corn salsa, we reckon this burrito bowl beats the takeaway alternative. The avocado crema is the cherry on top; along with the Cheddar, it brings everything together.

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
garlic	2 cloves	4 cloves
butter*	20g	40g
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)
Tex-Mex spice blend	¾ medium sachet	1½ medium sachets
avocado	½	1
light sour cream	1 medium packet	1 large packet
beef strips	1 small packet	1 medium packet
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3735kJ (892Cal)	803kJ (191Cal)
Protein (g)	45.9g	9.9g
Fat, total (g)	46g	9.9g
- saturated (g)	21g	4.5g
Carbohydrate (g)	70.8g	15.2g
- sugars (g)	7.4g	1.6g
Sodium (mg)	801mg	172mg

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

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1



Cook the garlic rice

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



Make the crema & cook the beef strips

- Slice **avocado** (see ingredients) in half, then scoop out the flesh. Transfer to a small bowl, then mash with a fork. Add **light sour cream**. Stir to combine, then season to taste. Set aside.
- Return frying pan to high heat with a drizzle of **olive oil**. When the oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

TIP: Cooking the beef in batches over high heat helps it stay tender.

2



Get prepped & make the salsa

- While the rice is cooking, roughly chop **tomato**. Roughly chop **coriander** leaves. Drain **sweetcorn**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a large bowl, combine **Tex-Mex spice blend** (see ingredients), remaining **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **beef strips**, tossing to coat. Set aside.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Transfer **charred corn** to a medium bowl. Top with **tomato** and **coriander**. Drizzle with **olive oil**. Season, then toss to coat.

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

4



Serve up

- Divide garlic rice between bowls. Top with Tex-Mex beef, charred corn salsa and avocado crema.
- Sprinkle with **shredded Cheddar cheese**. Enjoy!

Little cooks: Show them how it's done by building the burrito bowls!

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