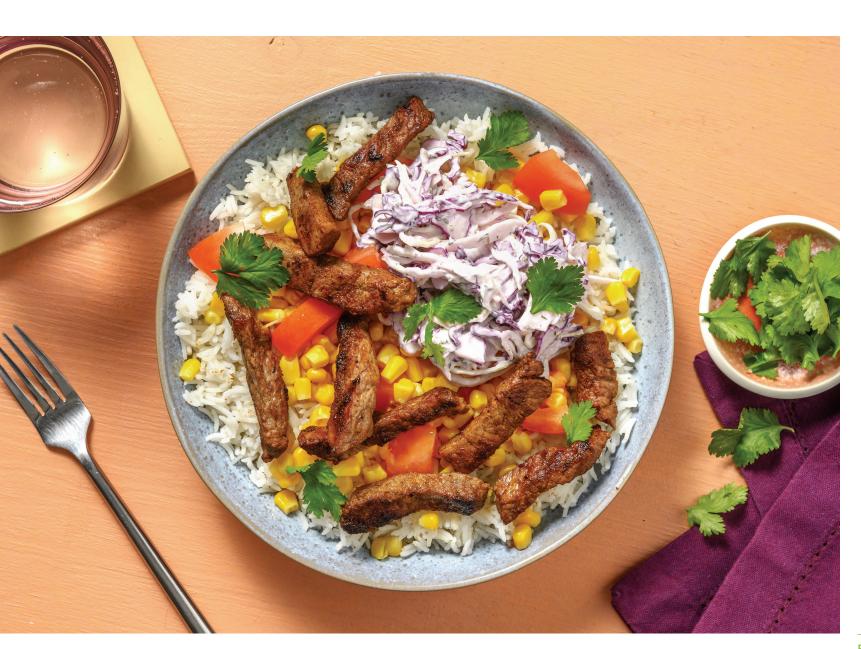


# Easy All-American Beef Bowl with Ranch Slaw & Corn Salsa











Stock Powder









Tomato



**Beef Strips** 

Sweetcorn



All-American



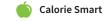
Spice Blend



Coriander

**Pantry items** Olive Oil, White Wine Vinegar





#### 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 a lid · Large frying pan

# Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
basmati rice	1 medium packet	1 large packet	
chicken-style stock powder	1 medium sachet	1 large sachet	
shredded cabbage mix	1 medium bag	1 large bag	
ranch dressing	1 packet	2 packets	
tomato	1	2	
sweetcorn	1 tin (125g)	1 tin (300g)	
white wine vinegar*	drizzle	drizzle	
All-American spice blend	1 sachet	2 sachets	
beef strips	1 small packet	1 medium packet	
coriander	1 bag	1 bag	

# \*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kj)	2470kJ (590Cal)	592kJ (141Cal)
Protein (g)	41.7g	10g
Fat, total (g)	11.7g	2.8g
- saturated (g)	3g	0.7g
Carbohydrate (g)	74.4g	17.8g
- sugars (g)	10.6g	2.5g
Sodium (mg)	1157mg	277mg

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.



#### Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add basmati rice and a pinch of salt and cook, uncovered, over a high heat until tender, 12 minutes.
- Drain, then return to pan. Stir in chicken-style stock powder and cover to keep warm.



# Get prepped

- While rice is cooking, combine shredded cabbage mix and ranch dressing in a medium bowl. Season with salt and pepper. Set aside.
- Roughly chop tomato. Drain sweetcorn.
- In a second medium bowl, combine tomato, sweetcorn and a drizzle of white wine vinegar and olive oil. Season to taste.



# Cook the beef

- In a third medium bowl, combine All-American spice blend with a drizzle of olive oil and a pinch of salt. Add beef strips, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When oil is hot, cook **beef**, in batches, until browned and cooked through, **1-2 minutes**.

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



# Serve up

- · Divide rice between bowls.
- Top with ranch slaw, corn salsa and All-American beef.
- Sprinkle with torn coriander to serve.

# Enjoy!

Rate your recipe
Scan here to rate this recipe!

