



Easy All-American Beef Bowl

with Ranch Slaw & Corn Salsa



Basmati Rice



Chicken-Style Stock Powder



Shredded Cabbage Mix



Ranch Dressing



Tomato



Sweetcorn



All-American Spice Blend



Beef Strips



Coriander



Hands-on: **10-20 mins**
Ready in: **20-30 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Calorie Smart

Fast, fresh, and family-friendly, this bright bowl of deliciousness comes together in four simple steps.

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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.

3



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.

2



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.

4



Serve up

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

Enjoy!

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