



Easy Smokey Beef Bowl

with Caesar Slaw & Cherry Tomato Salad

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cherry/Snacking Tomatoes



All-American Spice Blend



BBQ Sauce



Coriander



Beef Strips



Caesar Dressing



Shredded Cabbage Mix

Prep in: **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 is served over fluffy garlic rice, and comes together in four simple steps. The 'secret' ingredient? BBQ sauce. Its sweet and smokey flavour works a treat with the All-American spiced beef strips.

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
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
water*	1 ½ cups	3 cups
shredded cabbage mix	1 medium bag	1 large bag
caesar dressing	½ packet	1 packet
cherry/snacking tomatoes	1 punnet	2 punnets
white wine vinegar*	drizzle	drizzle
All-American spice blend	1 medium sachet	1 large sachet
beef strips	1 small packet	1 medium packet
BBQ sauce	1 packet	2 packets
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2467kJ (590Cal)	591kJ (141Cal)
Protein (g)	38.5g	9.2g
Fat, total (g)	12.3g	2.9g
- saturated (g)	3.4g	0.8g
Carbohydrate (g)	76.7g	18.4g
- sugars (g)	14.2g	3.4g
Sodium (mg)	801mg	192mg

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.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook **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. 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



Cook the beef

- In a third medium bowl, combine **All-American spice blend**, 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 high heat. When oil is hot, cook **beef**, in batches, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat. Add **BBQ sauce** and a splash of **water**, turning **beef** to coat.

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

2



Get prepped

- While the rice is cooking, combine **shredded cabbage mix** and **caesar dressing** (see ingredients) in a medium bowl. Season with **salt** and **pepper**. Set aside.
- Halve **cherry tomatoes**.
- In a second medium bowl, combine **tomatoes** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead and help combine the ingredients for the slaw and the salad!

4



Serve up

- Divide garlic rice between bowls.
- Top with caesar slaw, tomato salad and smokey beef.
- Tear over **coriander** to serve. Enjoy!

Little cooks: Add the finishing touch by tearing over the coriander!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW24



Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate