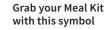


Easy Smokey Beef Bowl with Caesar Slaw & Cherry Tomato Salad











Basmati Rice



Cherry/Snacking Tomatoes

All-American Spice Blend



BBQ Sauce

Coriander





Beef Strips

Caesar Dressing



Shredded Cabbage

Prep in: 10-20 mins Ready in: 20-30 mins

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.



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 \cdot 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.



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!



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.



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!



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!

