



TEX-MEX BEEF & BEAN RICE BOWL

with Charred Corn & Sour Cream



Master garlic rice



Brown Onion



Garlic



Coriander



Red Capsicum



Zucchini



Carrot



Sweetcorn



Red Kidney Beans



Basmati Rice



Beef Mince



Tex-Mex Spice Blend



Passata



Chicken Stock



Sour Cream

Hands-on: 40 mins
Ready in: 45 mins
Naturally gluten-free
Not suitable for Coeliacs

Serve up the family-friendly flavours of Tex-Mex cuisine in a colourful and exciting bowl! With garlic-infused rice and a beef sauce loaded with veggies and beans, plus juicy charred corn kernels, this bowl gets better with every bite.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 GET PREPPED

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**. Cut the **red capsicum** into 1cm pieces. Grate the **zucchini** and **carrot** (unpeeled). Drain the **sweetcorn**. Drain and rinse the **red kidney beans**.



2 MAKE THE GARLIC RICE

In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **1/3** of the **garlic** and cook until golden and fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **salt** to the pan and bring to the boil. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



3 CHAR THE CORN

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing, until lightly charred, **4-5 minutes**. **TIP:** *Cover the pan if the corn kernels start "popping" out!* Transfer the corn to a small bowl and set aside.



4 COOK THE VEGGIES & BEEF

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Add the **onion**, **capsicum**, **zucchini** and **carrot**. Cook until slightly softened, **3-4 minutes**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **2-3 minutes**.



5 SIMMER THE SAUCE

SPICY! *This is a mild spice blend, but if the kids are very sensitive to heat, feel free to add less!* Add **1 1/2 sachets** of **Tex-Mex spice blend** and the **remaining garlic** to the pan and cook, stirring, until fragrant, **1 minute**. Add the **passata**, **kidney beans**, **water (for the sauce)** and crumble in the **chicken stock** cubes. Bring to the boil, then reduce the heat and simmer until slightly thickened, **1-2 minutes**. Add a **splash** of **water** if the sauce looks too thick!



6 SERVE UP

Divide the garlic rice and Mexican beef between bowls. Top with the **sour cream** and charred corn. Sprinkle the adults' portions with the coriander.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	6 cloves
coriander	1 bag
red capsicum	1
zucchini	1
carrot	1
sweetcorn	1 tin (300g)
red kidney beans	1 tin
butter*	40g
basmati rice	2 packets
water* (for the rice)	3 cups
salt*	½ tsp
beef mince	1 packet
Tex-Mex spice blend	1½ sachets
passata	1 box (500g)
water* (for the sauce)	½ cup
chicken stock	2 cubes
sour cream	1 packet (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3500kJ (835Cal)	463kJ (111Cal)
Protein (g)	43.5g	5.8g
Fat, total (g)	29.2g	3.9g
- saturated (g)	15.9g	2.1g
Carbohydrate (g)	90.5g	12.0g
- sugars (g)	18.7g	2.5g
Sodium (g)	1150mg	152mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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