

# Mexican Beef & Bean Rice Bowl

with Charred Corn & Yoghurt

Grab your Meal Kit with this symbol



Brown Onion



Capsicum



Garlic



Carrot



Corn



Red Kidney Beans



Basmati Rice



Beef Mince



Tex-Mex Spice Blend



Passata





Beef Stock Pot



Greek Yoghurt



Coriander

 Hands-on: **40-50 mins**  
 Ready in: **45-55 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 items

Olive Oil, Butter



## 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
brown onion	½	1
capsicum	1	2
garlic	3 cloves	6 cloves
carrot	1	2
corn	1 cob	2 cobs
red kidney beans	½ tin	1 tin
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	¾ sachet	1½ sachets
passata	1 box (200g)	2 boxes (400g)
water* (for the sauce)	¼ cup	½ cup
beef stock pot	1 tub (20g)	2 tubs (40g)
Greek yoghurt	1 packet (100g)	1 packet (200g)
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3751kJ (896Cal)	489kJ (116Cal)
Protein (g)	46.2g	6g
Fat, total (g)	29.8g	3.9g
- saturated (g)	13g	1.7g
Carbohydrate (g)	101.6g	13.2g
- sugars (g)	28.8g	3.8g
Sodium (mg)	1663mg	217mg

## Allergens

Always read product labels for the most up-to-date allergen information.

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



## Get prepped

Finely chop the **brown onion** (see ingredients). Cut the **capsicum** into 1cm pieces. Finely chop the **garlic**. Grate the **carrot** (unpeeled). Slice the kernels off the **corn** cob. Drain and rinse the **red kidney beans**.



## Cook the veggies & beef

Return the large frying pan to high heat with a drizzle of **olive oil**. Add the **onion, capsicum** 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**.



## Cook 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 the **salt**, stir, 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!



## Simmer the sauce

**SPICY!** This is a mild spice blend, but if you're sensitive to heat, feel free to add less! Add the **Tex-Mex spice blend** (see ingredients) and the remaining **garlic** to the pan and cook, stirring, until fragrant, **1 minute**. Add the **passata, kidney beans, water (for the sauce)** and **beef stock pot**. 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!



## Char the corn

Heat a large frying pan over a high heat. Add the **corn** and cook, tossing, until lightly charred, **4-5 minutes**. Transfer the **corn** to a small bowl and set aside.

**TIP:** Cover the pan if the corn kernels start popping out!



## Serve up

Roughly chop the **coriander**. Divide the garlic rice and Mexican beef between bowls. Top with the **Greek yoghurt** and charred corn. Sprinkle with the coriander.

## Enjoy!