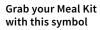


Mexican Beef & Bean Rice Bowl

with Charred Corn & Yoghurt





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.

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1/2	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
* Deveter / Hanna		

*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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact 2020 | CW48



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!



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!



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!

6

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!