

Mexican Beef Bowl

with Garlic Rice & Tomato-Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Corn



Spring Onion



Capsicum



Tex-Mex
Spice Blend



Beef Strips



Tomato Paste



Shredded Cheddar
Cheese

 Hands-on: **30-40 mins**
 Ready in: **40-50 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Fancy a trip to Mexico? We can't deliver that, but we can deliver all the flavour of a Mexican feast that'll make you feel like you're there. Start with garlic rice, add a mouth-watering sauce of spiced beef mince and top it off with a tomato-corn salsa and Cheddar cheese. Grab your sombrero, say "Hola!" and let the fiesta begin!

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
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
tomato	1	2
corn	1 cob	2 cobs
spring onion	2 stems	2 stems
capsicum	1	2
Tex-Mex spice blend	1 sachet	2 sachets
beef strips	1 packet	1 packet
tomato paste	1 sachet	2 sachets
water* (for the sauce)	¼ cup	½ cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3300kJ (788Cal)	624kJ (149Cal)
Protein (g)	51.7g	9.8g
Fat, total (g)	26.4g	5g
- saturated (g)	13g	2.5g
Carbohydrate (g)	80.6g	15.2g
- sugars (g)	14.8g	2.8g
Sodium (mg)	1020mg	193mg

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.



Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 2/3 of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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!



Cook the veggies & beef

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **capsicum** until softened and beginning to char a little, **3-4 minutes**. Transfer to a medium bowl. Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the **capsicum**.

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



Get prepped

SPICY! This is a mild spice blend, but if you're sensitive to heat, feel free to add less. While the rice is cooking, roughly chop the **tomato**. Slice the kernels off the **corn** cob. Thinly slice the **spring onion**. Thinly slice the **capsicum**. In a medium bowl, combine a generous drizzle of **olive oil** and 1/2 the **Tex-Mex spice blend**. Add the **beef strips** and toss to coat.



Flavour the beef

Return the frying pan to a medium heat with the **tomato paste**, **water (for the sauce)**, **remaining Tex-Mex spice blend** and the **remaining garlic**. Cook until just thickened, **1-2 minutes**. Return the **beef** and charred **capsicum** to the pan and toss to coat.



Make the salsa

In a medium bowl, combine a drizzle of **olive oil** and season with **salt** and **pepper**. Add the **tomato** and **spring onion** and toss to combine. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. Transfer to the bowl with the **tomato**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

Divide the garlic rice, Mexican-spiced beef and tomato-corn salsa between bowls. Top with the **shredded Cheddar cheese**.

Enjoy!