



Mexican Beef & Brown Rice Bowl

with Smashed Avo & Greek Yoghurt

Grab your Meal Kit with this symbol 



Garlic



Brown Rice



Chicken Stock



Beef Strips



Mexican Fiesta Spice Blend



Corn



Tomato



Avocado



Lemon




Baby Spinach Leaves



Greek Yoghurt

 Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Naturally gluten-free
Not suitable for Coeliacs

 Spicy (Mexican Fiesta spice blend)

With wholesome brown rice, creamy avo, charred corn and plenty of veggies, this is a nutritionally balanced Mexican-style meal everyone will love.

Pantry Items

Olive Oil

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
brown rice	1 packet	2 packets
water*	3 cups	6 cups
chicken stock	1 cube	2 cubes
beef strips	1 small packet	1 medium packet
Mexican Fiesta spice blend	1 sachet	2 sachets
corn	1 cob	2 cobs
tomato	1	2
avocado	½	1
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2665kJ (636Cal)	588kJ (140Cal)
Protein (g)	44.4g	9.8g
Fat, total (g)	17.7g	3.9g
- saturated (g)	4.2g	0.9g
Carbohydrate (g)	67g	14.8g
- sugars (g)	10.7g	2.4g
Sodium (mg)	1129mg	249mg

Allergens

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

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



1. Make garlic brown rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, add the **brown rice**, **water (for the rice)** and crumbled **chicken stock (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain the **rice**. Return the pan to a medium heat with a **dash of olive oil**, then add **1/2 of the garlic**. Cook until fragrant, **1-2 minutes**. Return the **rice** to the pan, add the **salt** and stir to combine. Remove from the heat.



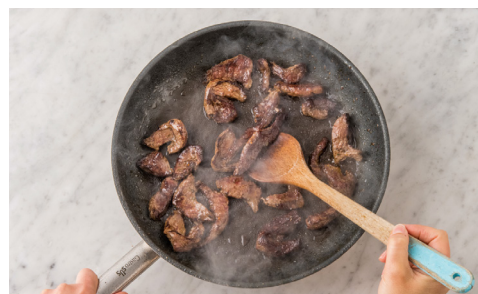
4. Make the smashed avo

Place the **avocado (see ingredients list)** in a small bowl and mash with a fork. Slice the **lemon (see ingredients list)** into wedges. Add a **generous squeeze of lemon** to the mashed **avocado**. Season to taste.



2. Get prepped

SPICY! This spice blend is hot, use less if you're sensitive to heat. While the rice is cooking, combine the **beef strips**, **Mexican Fiesta spice blend** and **remaining garlic** in a large bowl. **Drizzle** with **olive oil**, season with **salt** and **pepper**, then toss to coat. Set aside. Slice the **corn** kernels off the cob. Roughly chop the **tomato**.



5. Cook the beef

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, cook the **beef** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**.

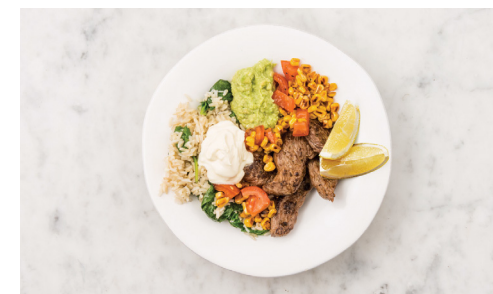
TIP: Cooking the meat in batches over a high heat helps it stay tender.



3. Char the corn

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly browned, **4-5 minutes**. Transfer to a large bowl to cool slightly. Just before serving, add the **tomato** to the bowl. **Drizzle** with **olive oil** and season to taste with **salt** and **pepper**.

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



6. Serve up

Stir the baby spinach leaves through the brown rice. Divide the rice between bowls. Top with the beef, charred corn salsa and smashed avo. Dollop over the **Greek yoghurt**. Serve with any remaining lemon wedges.

Enjoy!