



Mexican Beef & Brown Rice Quinoa Bowl with Salsa

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 1896kJ (453Cal) | Protein 45.9g | Fat, total 22.1g - saturated 12.6g | Carbohydrate 13.5g - sugars 10.2g | Sodium 992mg
Naturally gluten-free (not suitable for coeliacs) | **Calorie Smart** | **Spicy** (Mexican Fiesta spice blend)

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2021 | WK02 | W

Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Strips	1 pkt	1 pkt
Sour Cream	1 pkt (100g)	1 pkt (200g)
Shredded Cheddar Cheese	1 pkt (50g)	1 pkt (100g)

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.

1. Chop



Lime



Cucumber



Cherry Tomatoes

2. Sizzle



Sweetcorn



Beef Strips



Mexican Fiesta Spice Blend (Spicy)

3. Zap



Microwavable Quinoa & Brown Rice



Shredded Cheddar Cheese



Sour Cream



Coriander

- Cut **lime** into wedges
- Roughly chop **cucumber** and halve **tomatoes**
- In a bowl, combine **cucumber**, **tomatoes** and a good squeeze of **lime juice**
- Drizzle with **olive oil**, season and toss

- Drain **corn**
- Heat a frying pan over high heat with a drizzle of **oil**
- Cook **beef**, **corn** and **spice blend** (add less if desired), tossing, until browned, **2-3 mins**
- Season to taste

- Microwave **quinoa & rice mix** until steaming, **2-3 mins**
- Plate up **rice**, **beef** and **salsa**
- Top with **Cheddar**, **sour cream** and torn **coriander**
- Serve with remaining **lime**

