

Mexican Beef Burrito Bowl

with Cheddar Cheese & Pico de Gallo Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Corn



Red Onion



Tomato



Cucumber



Lemon



Carrot



Beef Mince



Mexican Fiesta Spice Blend



Tomato Paste




Shredded Cheddar Cheese



Sour Cream

 Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Naturally gluten-free
 Not suitable for Coeliacs

 Spicy (Mexican Fiesta spice blend)

We know burrito bowls are a bit trendy right now, but this one is well deserving of its hip appearance. If you're a bit shy when it comes to chilli, feel free to add less of our fiery Mexican spice blend. Juicy corn, zesty salsa and Cheddar cheese make this the perfect fiesta for your midweek meal.

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	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
corn	1 cob	2 cobs
red onion	1	2
tomato	1	2
cucumber	1	2
lemon	½	1
carrot	1	2
beef mince	1 small packet	1 medium packet
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet (50g)	2 sachets (100g)
water* (for the beef)	½ cup	1 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4067kJ (972Cal)	575kJ (137Cal)
Protein (g)	47.5g	6.7g
Fat, total (g)	44g	6.2g
- saturated (g)	22.7g	3.2g
Carbohydrate (g)	88.9g	12.6g
- sugars (g)	23.7g	3.4g
Sodium (mg)	1376mg	195mg

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. Make the garlic rice

Bring a kettle of water to the boil. Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Cover with a lid and reduce the heat to low. 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!



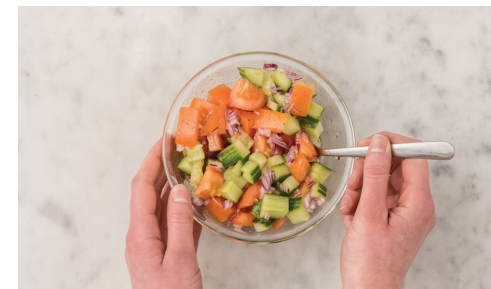
4. Cook the beef mince

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, cook the **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**. Add the grated **carrot** and **remaining onion** and cook until softened, **2-3 minutes**.



2. Get prepped

While the rice is cooking, cut the **corn** cob in half. Finely chop the **red onion**, **tomato** and **cucumber**. Zest the **lemon** to get a **pinch**, then slice into wedges. Grate the **carrot** (unpeeled). In a medium heatproof bowl, add the **corn** and cover with boiling water from the kettle. Leave until bright yellow, **7 minutes**. Drain and set aside.



3. Make the pico de gallo salsa

In a medium bowl, combine the **tomato**, **cucumber**, a spoonful of **red onion** (feel free to leave this out if you don't like raw onion!), **lemon zest** and a **squeeze of lemon juice**. Season with **salt** and **pepper**, then set aside.



5. Make it saucy

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. Reduce the heat to medium-high, add the **Mexican Fiesta spice blend** and **tomato paste** and cook, stirring, until fragrant, **1 minute**. Add the **water (for the beef)** and stir until well combined. Remove the pan from the heat and season to taste.



6. Serve up

Just before serving, toss the pico de gallo salsa. Divide the garlic rice and Mexican beef mince between bowls. Top with the corn, **shredded Cheddar cheese**, **sour cream** and salsa. Serve with any remaining lemon wedges.

Enjoy!