

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



Tex-Mex 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

We know burrito bowls are a bit trendy right now, but this one is well deserving of its hip appearance. 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 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
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water* (for the beef)	½ cup	1 cup
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4082kJ (975Cal)	577kJ (137Cal)
Protein (g)	47.3g	6.7g
Fat, total (g)	44.5g	6.3g
- saturated (g)	23.2g	3.3g
Carbohydrate (g)	88.7g	12.5g
- sugars (g)	23.5g	3.3g
Sodium (mg)	1394mg	197mg

The quantities provided above are averages only.

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**. 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**. Finely chop the **tomato** and **cucumber**. Zest the **lemon** to get a pinch, then slice into wedges. Grate the **carrot**. In a medium heatproof bowl, add the **corn** and cover with boiling water. Cover the bowl with a plate and leave until bright yellow, **10 minutes**, then 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 out the raw onion if you prefer!), **lemon zest** and a squeeze of **lemon juice**. Season with **salt** and **pepper**, then set aside.

5



Make it saucy

SPICY! This is a mild spice blend, but if you're very sensitive to spice, you may want to add less. Reduce the heat to medium-high, add the **Tex-Mex 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!