



SPEEDY LOADED MEXICAN BEEF BOWL

with Rainbow Veg, Avo and Sour Cream Dollop



Bring burrito flavours together in a bowl



Basmati Rice



Garlic



Avocado



Corn Cob



Beef Mince



Roma Tomato



Taco Spice Blend



Chipotle Spice Blend



Tomato Paste



Sour Cream



Cheddar Cheese

Hands-on: **20** mins
Ready in: **30** mins

Spicy (optional
chipotle spice blend)

Ah, burrito bowls: for the cook who wants delicious Mexican fare but eschews the hassle of assembling actual burritos. We're taking the delicious road more travelled tonight, and we're regretting nothing.

Pantry Staples: Olive Oil, Water, Salt

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve, medium saucepan with a lid, chef's knife, chopping board, large bowl, garlic crusher, spoon, box grater, medium frying pan** and a **wooden spoon**.



1 COOK THE RICE

Rinse the **basmati rice** well. Add the **water** (check ingredients list for the amount) to a medium saucepan and bring to the boil. Add the rice, stir, reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, until the rice is tender and the water is absorbed. **TIP:** Don't lift the lid while the rice is resting so you don't lose any steam.



2 GET PREPPED

While the rice is cooking, slice the kernels off the **corn cob**. **TIP:** Do this in a large bowl to stop them from flying everywhere! Peel and crush the **garlic**. Dice the **avocado** and **Roma tomato**. **TIP:** Dice the avocado whilst still in the skin, then scoop out the flesh using a spoon. Grate the **Cheddar cheese**.



3 COOK THE CORN

Heat a medium frying pan over a medium-high heat. Add the dry **corn** kernels and cook for **5 minutes**, or until golden and lightly charred. **TIP:** Cooking the corn in a dry pan helps to stop the corn kernels popping out of the pan! Season with a **pinch** of **salt** and **pepper**. Remove from the pan and set aside.



4 COOK THE BEEF MINCE

Return the same medium pan to a medium-high heat and add a **drizzle** of **olive oil**. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned.



5 ADD THE SPICES

Add the **garlic, taco spice blend, salt** (use suggested amount) and a **pinch** of the **chipotle spice blend** (if using) to the beef mince. **TIP:** The chipotle spice blend is spicy! Add it little by little, tasting as you go, or feel free to omit. Cook for **1-2 minutes**, or until fragrant. Add the **tomato paste** and **water** (for the sauce) and simmer for **2 minutes**, or until slightly thickened. Remove from the heat.



6 SERVE UP

Divide the basmati rice between bowls and top with the beef mince, corn kernels, avocado, tomato and Cheddar cheese. Dollop with **sour cream**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
basmati rice	2 packets (1½ cups)
water* (for the rice)	3 cups
corn cob	1
garlic	2 cloves
avocado	1
Roma tomato	1
Cheddar cheese	1 block (100 g)
beef mince	1 packet
taco spice blend	2 sachets (1 tbs)
salt*	½ tsp
chipotle spice blend (optional)	1 pinch
tomato paste	1 sachet (2 tbs)
water* (for the sauce)	1 cup
sour cream	1 tub (200 ml)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3280kJ (783Cal)	512kJ (122Cal)
Protein (g)	41.3g	6.5g
Fat, total (g)	35.9g	5.6g
- saturated (g)	17.0g	2.7g
Carbohydrate (g)	70.5g	11.0g
- sugars (g)	5.3g	0.8g
Sodium (g)	356mg	56mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
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