

# Quick Mexican Beef & Brown Rice Bowl

with Guacamole & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Beef Stock Pot



Beef Strips



Mexican Fiesta Spice Blend



Sweetcorn



Tomato



Avocado



Lime



Baby Spinach Leaves



Sour Cream

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Calorie Smart

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 · 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
beef stock pot	1 tub (20g)	1 tub (40g)
beef strips	1 small packet	1 medium packet
Mexican Fiesta spice blend	1 sachet	2 sachets
sweetcorn	1 tin (125g)	1 tin (300g)
tomato	1	2
avocado	½	1
lime	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2684kJ (641Cal)	654kJ (156Cal)
Protein (g)	41.3g	10.1g
Fat, total (g)	23.1g	5.6g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	61.3g	14.9g
- sugars (g)	9.8g	14.9g
Sodium (mg)	1424mg	347mg

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

1



## Cook the brown rice

Finely chop the **garlic**. In a medium saucepan, add the **brown rice** and **water** and bring to the boil. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain the **rice**. Add a dash of **olive oil** over a medium heat, and add the **garlic** and **beef stock pot** and cook until fragrant, **1-2 minutes**. Return the **rice** to the saucepan and stir through the **mixture**. Remove from the heat and cover to keep warm.

4



## Make the guacamole

Roughly chop the **tomato**. Slice the **avocado** in half and scoop the flesh out of its skin. Slice the **lime** into wedges. Place the **avocado** in a small bowl and mash with a fork. Combine with the **tomato** and a generous squeeze of **lime juice**. Season to taste.

2



## Get prepped

**SPICY!** This spice blend is hot, add 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** and toss to coat and set aside. Drain the **sweetcorn**.

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**.

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

3

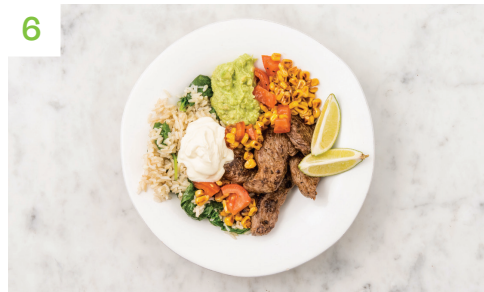


## Char the corn

Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a small bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

6



## Serve up

Stir the **baby spinach leaves** through the brown rice. Divide the rice between bowls. Top with the beef and guacamole. Dollop over the **sour cream** and sprinkle over the charred corn. Serve with any remaining lime wedges.

Enjoy!