



# Saucy Mexican Beef & Rice Bowl

with Tomato Salsa & Cheddar

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Red Onion



Capsicum



Sweetcorn



Beef Strips



Tex-Mex Spice Blend




Enchilada Sauce



Shredded Cheddar Cheese

 Hands-on: **10-20** mins  
Ready in: **20-30** mins

 Naturally gluten-free  
*Not suitable for Coeliacs*

Let's hear it for mid-week Mexican! Every mouthful is a kaleidoscope of sweet corn, sizzling beef and tasty Cheddar. Top it off with a tomato salsa for a flavour-packed meal.

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## 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
tomato	1	2
red onion	½	1
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
beef strips	1 small packet	1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
enchilada sauce	1 sachet (150g)	1 sachet (300g)
water* (for the sauce)	2 tbs	½ cup
white wine vinegar*	1 tsp	2 tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3334kJ (796Cal)	537kJ (128Cal)
Protein (g)	51.2g	8.2g
Fat, total (g)	26.9g	4.3g
- saturated (g)	13g	2.1g
Carbohydrate (g)	81.5g	13.1g
- sugars (g)	15.2g	2.4g
Sodium (mg)	1296mg	209mg

### 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 garlic rice

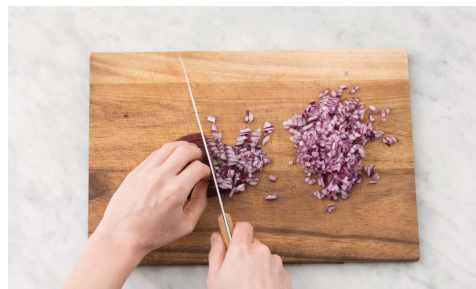
Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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. Add the sauce

**SPICY!** This is a mild spice blend, but if you're extra sensitive to heat, feel free to add less. Return the **beef**, **capsicum** and **corn** to the frying pan over a medium-high heat. Add the **Tex-Mex spice blend** and cook, until fragrant, **1 minute**. Add the **enchilada sauce** and **water (for the sauce)** and cook, until slightly thickened, **1 minute**. Season to taste.



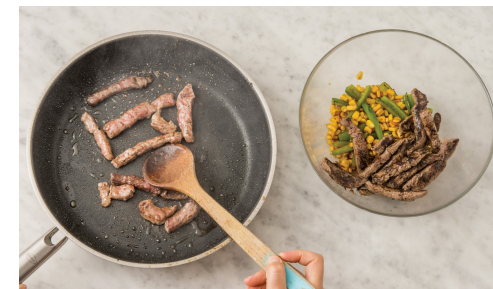
## 2. Get prepped

While the rice is cooking, roughly chop the **tomato**. Finely chop the **red onion (see ingredients list)**. Thinly slice the **capsicum**. Drain the **sweetcorn**. In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **capsicum** and **sweetcorn** and cook until softened and beginning to char, **3-4 minutes**. Transfer to a medium bowl.



## 5. Make the tomato salsa

In a medium bowl, combine the **tomato**, **onion** (if using raw), **white wine vinegar**, **pinch of salt** and **pepper** and a **drizzle of olive oil**.



## 3. Cook the beef

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add the **beef strips** in batches and cook until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the **capsicum** and **corn**.

**TIP:** Cook the onion with the beef if you're not a fan of raw onion.

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



## 6. Serve up

Divide the garlic rice between bowls. Top with the saucy Mexican beef strips and tomato salsa. Sprinkle the **shredded Cheddar cheese** over the beef strips to serve.

**Enjoy!**