



Sticky Beef & Chipotle Brown Rice Bowl

with Garlic Yoghurt Slaw

Grab your Meal Kit with this symbol



Brown Rice



Garlic



Red Onion



Carrot



Sweetcorn



Mild Chipotle Sauce



Greek-Style Yoghurt



Beef Strips



Sticky Meat Glaze



Slaw Mix

Prep in: 30-40 mins
Ready in: 40-50 mins

Dietitian Approved

Calorie Smart

A little bit sweet and a little bit savoury, our sticky meat glaze comes in handy for boosting the flavour of juicy beef strips. Serve over a creamy and tangy slaw, plus a jazzed up brown rice, which gets a lovely smokey flavour from our chipotle sauce.

Pantry items

Olive Oil, Balsamic Vinegar, Brown, Sugar, Honey

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
brown rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
red onion	1	2
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (420g)
Greek-style yoghurt	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
mild chipotle sauce	1 packet	2 packets
honey*	½ tbs	1 tbs
beef strips	1 small packet	1 medium packet
sticky meat glaze	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2684kJ (641Cal)	447kJ (107Cal)
Protein (g)	42.8g	7.1g
Fat, total (g)	12.8g	2.1g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	80.5g	13.4g
- sugars (g)	31.2g	5.2g
Sodium (mg)	841mg	140mg

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



Cook the brown rice

- Half-fill a medium saucepan with **water**. Add **brown rice** and a generous pinch of **salt**.
- Bring to a boil over high heat and cook, uncovered, until tender, **25-30 minutes**.
- Drain and return to saucepan.



Cook the beef

- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove from heat, then stir in **sticky meat glaze**, tossing **beef** to coat. Season to taste.
- Transfer to a bowl and cover to keep warm.

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



Get prepped

- While the rice is cooking, finely chop **garlic**.
- Thinly slice **red onion**. Grate **carrot**. Drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** and the **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a large heatproof bowl. Add **Greek-style yoghurt** to **garlic oil mixture**, stirring to combine. Season to taste.



Toss the slaw

- To the bowl with the **garlic yoghurt**, add **slaw mix** and **carrot**.
- Toss to coat. Season to taste.



Cook the corn & onion

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **corn** and **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer the **corn-onion mixture** to saucepan with the drained **brown rice**, then stir in **mild chipotle sauce** and the **honey** until combined.

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



Serve up

- Divide chipotle brown rice and garlic yoghurt slaw between bowls.
- Top with sticky beef to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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