



Mexican Beef & Cauliflower Rice Burrito Bowl

with Cucumber Salsa & Cheddar Cheese

NEW

Grab your Meal Kit with this symbol



Garlic



Onion



Radish



Cucumber



Carrot



Cauliflower Rice



Vegetable Stock Powder



Beef Mince



Tex-Mex Spice Blend



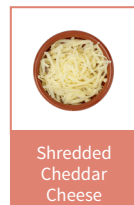
Tomato Paste



Shredded Cheddar Cheese

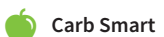


Roasted Tomato Salsa



Shredded Cheddar Cheese

Prep in: 15-25 mins
Ready in: 25-35 mins



Here we go, let's smash together all the delicious additions of a burrito into a bowl full of fluffy cauliflower rice. We've got saucy beef and veggies to start us off, then grab a bite of the cucumber salsa and finishing up this Mexican feast is a sprinkling of Cheddar cheese.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	½	1
radish	2	4
cucumber	1 (medium)	1 (large)
carrot	1	2
cauliflower rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
beef mince	1 small packet	2 small packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
white wine vinegar*	drizzle	drizzle
shredded Cheddar cheese	1 medium packet	1 large packet
roasted tomato salsa	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2190kJ (523Cal)	358kJ (86Cal)
Protein (g)	39.6g	6.5g
Fat, total (g)	25.4g	4.2g
- saturated (g)	12g	2g
Carbohydrate (g)	29.6g	4.8g
- sugars (g)	16.6g	2.7g
Sodium (mg)	1435mg	235mg
Dietary Fibre (g)	10.6g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1891kJ (452Cal)	318kJ (76Cal)
Protein (g)	34.8g	5.8g
Fat, total (g)	19.4g	3.3g
- saturated (g)	8.3g	1.4g
Carbohydrate (g)	29.2g	4.9g
- sugars (g)	13.6g	2.3g
Sodium (mg)	1307mg	220mg
Dietary fibre	10.6g	1.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW10



1



Get prepped

- Finely chop **garlic** and **onion** (see ingredients).
- Thinly slice **radish**. Roughly chop **cucumber**.
- Grate **carrot**.

3



Cook the beef & make salsa

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **carrot** and **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Reduce heat to medium, add **Tex-Mex spice blend**, **tomato paste**, the **brown sugar** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add the **water** and simmer until slightly thickened, **2-3 minutes**. Season to taste.
- In a medium bowl, combine radish, cucumber and a drizzle of **white wine vinegar** and **olive oil**. Season to taste and set aside.

2



Cook the cauliflower rice

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, until tender, **3-5 minutes**.
- Add half the **garlic** and cook, until fragrant, **1 minute**.
- Add **cauliflower rice** and **vegetable stock powder** and cook until softened, **2-4 minutes**. Season to taste and transfer to a bowl. Cover to keep warm.

4



Serve up

- Divide cauliflower rice between bowls. Top with Mexican beef and cucumber salsa.
- Sprinkle with **shredded Cheddar cheese** and dollop over **roasted tomato salsa** to serve. Enjoy!

Custom Recipe: If you've doubled your shredded Cheddar cheese, sprinkle extra cheese over to serve.

Rate your recipe

Did we make your tastebuds happy?

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