

All-American Beef & Rice Bowl

with Charred Corn Slaw & Sour Cream

NEW



Grab your meal kit with this number









Beef Strips

All-American Spice Blend





Shredded Cabbage

Shredded Cheddar Cheese





Sour Cream

Coriander



Shredded Cheddar Cheese



Prep in: 15-20 mins Ready in: 20-30 mins

Carb Smart





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Medium saucepan · Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
jasmine rice	1 medium packet	1 large packet	
sweetcorn	1 medium tin	1 large tin	
beef strips	1 medium packet	2 medium packets OR 1 large packet	
All-American spice blend	1 medium sachet	1 large sachet	
honey*	1 tsp	2 tsp	
shredded cabbage mix	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
shredded Cheddar cheese	1 medium packet	1 large packet	
sour cream	1 packet	2 packets	
coriander	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2408kJ (575cal)	303kJ (72cal)
Protein (g)	39.6g	5g
Fat, total (g)	27.9g	3.5g
- saturated (g)	13.4g	1.7g
Carbohydrate (g)	38.5g	4.8g
- sugars (g)	12.1g	1.5g
Sodium (mg)	905mg	113.7mg
Dietary Fibre (g)	2.2g	0.3g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add jasmine rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes. Drain.



Get prepped

- · Meanwhile, drain sweetcorn.
- Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine beef, All-American spice blend and a drizzle of olive oil. Set aside.
- Heat a large frying pan over high heat. Cook corn kernels until lightly browned, 4-5 minutes. Transfer to a large bowl.

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



Cook the beef

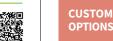
- Return frying pan to a high heat with a drizzle of olive oil.
- When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes.
- Remove pan from heat, then add the **honey** and toss **beef** to combine.

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



Serve up

- Meanwhile, to the bowl with the corn, add shredded cabbage mix and a drizzle of white wine vinegar and olive oil. Season to taste.
- · Divide rice between bowls.
- Top with All-American beef and charred corn slaw.
- Sprinkle over **shredded Cheddar cheese** and dollop over **sour cream**.
- Tear over **coriander** to serve. Enjoy!









In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

