



# All-American Beef & Rice Bowl

with Charred Corn Slaw & Sour Cream

NEW

Grab your meal kit  
with this number

11



Jasmine Rice



Sweetcorn



Beef Strips



All-American  
Spice Blend



Shredded Cabbage  
Mix



Shredded Cheddar  
Cheese



Sour Cream



Coriander



Shredded  
Cheddar  
Cheese



Diced  
Bacon

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



Protein Rich



Carb Smart

This simple rice bowl is the ultimate lazy-yet-delicious weeknight meal. The honey-tossed beef strips are too good to resist, especially piled onto fluffy rice with a fresh charred corn slaw. Mix it up and dig right in!

## Pantry items

Olive Oil, Honey, White Wine Vinegar

## 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

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	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](https://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.



## 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.



## 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



### CUSTOM OPTIONS

**+** **DOUBLE CHEDDAR CHEESE**  
Follow method above.

**+** **ADD DICED BACON**  
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.

