

Beef & Cauliflower Rice Burrito Bowl

with Cucumber Salsa & Cheddar Cheese

Grab your meal kit with this number

26



Garlic



Onion



Radish



Cucumber



Carrot



Cauliflower Rice



Vegetable Stock Powder



Beef Mince



Tex-Mex Spice Blend



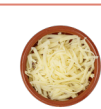
Tomato Paste



Shredded Cheddar Cheese



Roasted Tomato Salsa



Shredded Cheddar Cheese



Beef Mince

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



Protein Rich



Carb Smart

Here we go, let's smash together all the delicious elements 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 finish up this Mexican feast with a sprinkling of Cheddar cheese.

Pantry items

Olive Oil, Brown Sugar, 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

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 medium packet	2 medium 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	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2291kJ (547Cal)	403kJ (96Cal)
Protein (g)	38.2g	6.7g
Fat, total (g)	29.9g	5.3g
- saturated (g)	12.4g	2.2g
Carbohydrate (g)	26.9g	4.7g
- sugars (g)	16.3g	2.9g
Sodium (mg)	1263mg	222mg
Dietary Fibre (g)	10.3g	1.8g

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

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Get prepped

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



Cook the beef

- 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.

CUSTOM OPTIONS

+ DOUBLE CHEDDAR CHEESE
Follow method above.

+ DOUBLE BEEF MINCE
Follow method above.



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.



Serve up

- In a medium bowl, combine radish, cucumber and a drizzle of **white wine vinegar** and olive oil. Season to taste and set aside.
- 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!

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

