



# Chipotle Beef Rice Bowl & Corn Chips

with Roast Tomato Salsa & Sour Cream

NEW

Grab your meal kit with this number

11



Jasmine Rice



Sweetcorn



Beef Strips



BBQ Sauce



Mild Chipotle Sauce



Mixed Salad Leaves



Sour Cream



Roasted Tomato Salsa



Corn Chips



Shredded Cheddar Cheese



Diced Bacon

Prep in: 15-25 mins  
Ready in: 30-40 mins

The bold flavours of Mexican cuisine are a hit every time! Tonight's meal is no exception; tender beef, marinated in chipotle and barbecue, is piled onto fluffy rice and served with crispy corn chips, zesty roast tomato salsa, and a dollop of cool sour cream. It's the perfect mix of smoky, hot and refreshing in every bite.

### Pantry items

Olive Oil, Honey, Butter, 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 packet	1 packet
sweetcorn	1 medium tin	1 large tin
beef strips	1 medium packet	2 medium packets OR 1 large packet
BBQ sauce	1 medium packet	2 medium packets OR 1 large packet
mild chipotle sauce	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
mixed salad leaves	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
sour cream	1 packet	2 packets
roasted tomato salsa	1 medium packet	2 medium packets
corn chips	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3265kJ (859cal)	859kJ (226cal)
Protein (g)	38.1g	10g
Fat, total (g)	27.1g	7.1g
- saturated (g)	9.5g	2.5g
Carbohydrate (g)	93.9g	24.7g
- sugars (g)	14.4g	3.8g
Sodium (mg)	602mg	158.4mg
Dietary Fibre (g)	5.6g	1.5g

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.

1



## Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12-14 minutes**.
- Drain, rinse with **warm water** and set aside.

3



## Cook the beef strips

- Return frying pan 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 pan from heat, then add **BBQ sauce, mild chipotle sauce, the honey, butter** and a splash of **water** and toss to coat. Season to taste.

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

2



## Get prepped

- Meanwhile, drain **sweetcorn**.
- Discard any liquid from **beef strips** packaging, and season with **salt** and **pepper**.
- 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.

4



## Serve up

- To the bowl with the corn, add **mixed salad leaves** and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide rapid rice between bowls. Top with chipotle beef and corn salad.
- Dollop with **sour cream** and **roasted tomato salsa**.
- Serve with **corn chips**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



## CUSTOM OPTIONS

**+** **ADD CHEDDAR CHEESE**  
Sprinkle over before serving.

**+** **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.

