

Mexican Beef & Rice Bake

with Capsicum & Cheddar Cheese

NEW

Grab your meal kit
with this number

39



Garlic



Basmati Rice



Capsicum



Sweetcorn



Carrot



Lemon



Beef Mince



Tex-Mex
Spice Blend



Tomato Paste



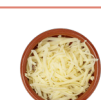
Vegetable Stock
Powder



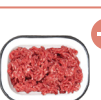
Shredded Cheddar
Cheese



Mayonnaise



Shredded
Cheddar
Cheese



Beef
Mince

Prep in: 30-40 mins
Ready in: 40-50 mins

Get ready for a fiesta of flavours with tonight's rice bake! Packed with Tex-Mex spiced beef, fluffy rice and loads of gooey melted cheese, each bite is pure comfort with a spicy kick. Top it off with a dollop of creamy mayo, and you've got a crowd-pleasing dish that's fun, filling, and fabulously flavourful.

Pantry items

Olive Oil, Butter

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 with a lid · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
capsicum	1	2
sweetcorn	1 medium tin	1 large tin
carrot	1	2
lemon	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	½ packet	1 packet
water* (for the beef)	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3989kJ (953Cal)	740kJ (176Cal)
Protein (g)	43.2g	8g
Fat, total (g)	45.6g	8.5g
- saturated (g)	16.7g	3.1g
Carbohydrate (g)	86.6g	16.1g
- sugars (g)	17.6g	3.3g
Sodium (mg)	1288mg	239mg
Dietary Fibre (g)	7.5g	1.4g

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

2025 | CW01



Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes** (the rice will finish cooking in its own steam, so don't peek!).



Flavour the beef

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **Tex-Mex spice blend** and cook until fragrant, **1 minute**.
- Add **tomato paste (see ingredients)**, the **water (for the beef)** and **vegetable stock powder**. Simmer until thickened, **2-3 minutes**.



Prep the veggies

- While the rice is cooking, cut **capsicum** into bite-sized chunks.
- Drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **capsicum** and **corn**, tossing, until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- Meanwhile, grate **carrot**.
- Zest **lemon**, then cut into wedges.

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



Grill the rice bake

- Preheat grill to high.
- To pan with the beef, add **cooked rice**, **lemon zest**, **capsicum** and **corn**, gently stirring to combine. Season to taste with **salt** and **pepper**. Transfer to a baking dish. Sprinkle with **shredded Cheddar cheese**.
- Grill **rice**, until lightly golden, **6-8 minutes**.

TIP: Grills cook fast, so keep an eye on the rice!



Cook the beef

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef mince** and **carrot**, breaking up mince with a spoon, until cooked through, **5-6 minutes**.

TIP: For best results, drain the oil from the pan at the end of this step.



Finish & serve

- Divide Mexican beef and rice bake between plates. Serve with lemon wedges and **mayonnaise**. Enjoy!

CUSTOM OPTIONS

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

+ **DOUBLE BEEF MINCE**
Follow method above, cooking in batches if necessary.

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

