



Loaded Beef & Pork Rice Bowl

with Cheddar Cheese & Burger Sauce

KID FRIENDLY

Grab your meal kit with this number

27



Basmati Rice



Carrot



Sweetcorn



Tomato



Baby Leaves



Beef & Pork Mince



Tomato Paste



All-American Spice Blend



Burger Sauce



Shredded Cheddar Cheese



Beef & Pork Mince



Diced Bacon

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

Here's a fun idea for tonight's dinner, burgers without the buns! Let's cook tender beef and pork mince in a flavourful tomato sauce, and serve it on top of fluffy rice with some fresh and bright veggies. Don't forget the burger sauce, this meal wouldn't be complete without it.

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
carrot	1	2
sweetcorn	1 medium tin	1 large tin
tomato	1	2
baby leaves	1 small packet	1 medium packet
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3623kJ (865Cal)	796kJ (190Cal)
Protein (g)	39.4g	8.7g
Fat, total (g)	39.5g	8.7g
- saturated (g)	13.4g	2.9g
Carbohydrate (g)	90.9g	20g
- sugars (g)	14.9g	3.3g
Sodium (mg)	1089mg	239mg
Dietary Fibre (g)	7.3g	1.6g

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.

1



Make the rapid rice

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

3



Cook the beef & pork sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **beef & pork mince** and **carrot**, breaking up with a spoon, until mince is browned, **4-5 minutes**.
- Reduce pan to medium, add **tomato paste** and **All-American spice blend**, and cook until fragrant, **1-2 minutes**.
- Add the **water** and cook until slightly reduced, **1-2 minutes**. Remove from heat, then season with **salt** and **pepper**.

2



Get prepped

- Meanwhile, grate **carrot**.
- Drain the **sweetcorn**.
- Finely chop **tomato**.
- Roughly chop **baby leaves**.

Little cooks: Older kids can help out with the can opener under adult supervision.

4



Finish & serve

- In a large bowl, combine corn, tomato, **baby leaves** and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide rapid rice between bowls.
- Top with beef and pork mixture and corn salsa.
- Drizzle over **burger sauce** and sprinkle with **shredded Cheddar cheese** to serve. Enjoy!

Little cooks: Take the lead by tossing the salsa!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



CUSTOM OPTIONS

+ DOUBLE BEEF & PORK MINCE

Follow method above, cooking in batches if necessary.

+ ADD DICED BACON

Cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over to serve.

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

