



# American Beef Bowl & Smokey Corn Cobs

with Garlic Rice & Sour Cream

Grab your Meal Kit with this symbol



Corn



Red Onion



Capsicum



Garlic



Basmati Rice



Smoked Paprika



Beef Strips



All-American Spice Blend



Coriander



Sour Cream

 Hands-on: **25-35 mins**  
Ready in: **40-50 mins**

When you can't get no satisfaction, you need a hearty beef bowl just like this! With tender beef strips flavoured with our All-American spice blend, plus roasted veggies and smokey corn cobs, it's truly got the lot.

### Pantry items

Olive Oil, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1	2
red onion	1 (medium)	1 (large)
capsicum	1	2
garlic	2 cloves	4 cloves
butter*	40g	80g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
smoked paprika	¼ sachet	½ sachet
All-American spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
coriander	1 bunch	1 bunch
sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3513kJ (839Cal)	676kJ (161Cal)
Protein (g)	47.2g	9.1g
Fat, total (g)	34.8g	6.7g
- saturated (g)	19.6g	3.8g
Carbohydrate (g)	84.6g	16.3g
- sugars (g)	17g	3.3g
Sodium (mg)	1043mg	201mg

## 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.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **corn** cob in half. Slice the **red onion** into 2cm wedges. Cut the **capsicum** into thin strips. Place the **corn, onion** and **capsicum** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until soft and lightly charred, **20-25 minutes**.



## Cook the beef

In a second medium bowl, combine the **All-American spice blend** and a drizzle of **olive oil**. Add the **beef strips** and toss to coat. When the **veggies** have **10 minutes** cook time remaining, return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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



## Cook the garlic rice

While the veggies are roasting, finely chop the **garlic**. In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice, water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** *The rice will finish cooking in its own steam so don't peek!*



## Prep the coriander

Roughly chop the **coriander** and set aside. When the **veggies** are done, add the **corn** cobs to the **paprika butter** and toss to coat.



## Make the paprika butter

Heat a large frying pan over a low heat, then add the **smoked paprika** (1/2 tsp for 2 people / 1 tsp for 4 people) and cook, stirring, until fragrant, **1 minute**. Stir through the remaining **butter** until melted, then season with **salt** and **pepper**. Transfer the **paprika butter** to a medium bowl.



## Serve up

Divide the garlic rice between bowls. Top with the American beef, roasted veggies, **sour cream** and coriander. Serve with the smokey corn cobs.

## Enjoy!