



Burger-Style Beef Bowl with Salad & Sour Cream

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 4192kJ (1002Cal) | Protein 48.7g | Fat, total 49.3g - saturated 21.1g | Carbohydrate 70.8g - sugars 21.5g | Sodium 1814mg
The quantities provided above are averages only.

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Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Mince	1 small pkt	1 medium pkt
Soffritto Mix	1 bag (150g)	1 bag (300g)
Shredded Cheddar Cheese	1 pkt (50g)	1 pkt (100g)
Sour Cream	1 medium pkt	1 large pkt

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. Sizzle



Beef Mince



Soffritto Mix



Garlic Paste



All-American Spice Blend



Tomato Paste

2. Chop



Microwavable Basmati Rice



Sweetcorn



Radish



Lemon

3. Toss



Baby Spinach Leaves



Shredded Cheddar Cheese



Burger Sauce



Sour Cream



Coriander

- Heat **olive oil** in a frying pan over high heat
- Cook **beef** and **soffritto mix**, breaking up with a spoon, until **beef** is browned, **2-3 mins**
- Stir in **garlic paste** and **spice blend**, until fragrant, **1 min**
- Add **tomato paste** and a good splash of **water**
- Stir until heated, **1 min**

- Meanwhile, microwave **rice** until steaming, **2-3 mins**
- Drain **corn**. Trim and thinly slice **radish**
- Cut **lemon** into wedges
- In a bowl, combine **corn** and **radish**

- To the bowl, add **spinach**, **lemon juice** and a drizzle of **oil**. Season and toss
- Plate up **beef**, **rice** and **salad**. Top with **Cheddar**
- Serve with **burger sauce**, **sour cream**, torn **coriander** and remaining **lemon wedges**

