



Tex-Mex Beef Bowl

with Garlic Rice, Cheddar & Tomato Salsa



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Carrot



Tomato



Coriander



Beef Mince



Tex-Mex Spice Blend



Crushed & Sieved Tomatoes



Beef Stock



Baby Spinach Leaves



Shredded Cheddar Cheese

Hands-on: 25 mins
Ready in: 35 mins

Serve up the family-friendly flavours of Tex-Mex cuisine in a colourful and exciting bowl! With garlic-infused rice and a beef sauce loaded with veggies, all topped off with a scattering of charred corn kernels and Cheddar, this bowl gets better with every bite.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	4 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	½ tsp
sweetcorn	1 tin
carrot	1
tomato	2
coriander	1 bunch
beef mince	1 packet
Tex-Mex spice blend	1 sachet
crushed & sieved tomatoes	1 tin
beef stock	1 sachet
baby spinach leaves	1 bag (60g)
white wine vinegar*	2 tsp
shredded Cheddar cheese	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3280kJ (784Cal)	571kJ (136Cal)
Protein (g)	43.8g	7.6g
Fat, total (g)	27.7g	4.8g
- saturated (g)	14.8g	2.6g
Carbohydrate (g)	84.3g	14.7g
- sugars (g)	12.5g	2.2g
Sodium (g)	1410mg	245mg

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.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook 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!



2. Get prepped

While the rice is cooking, drain the **sweetcorn**. Grate the **carrot** (unpeeled). Finely chop the **tomato**. Roughly chop the **coriander**.



3. Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a large bowl.

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



4. Cook the beef

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **4-5 minutes**. Add the **carrot** and cook until starting to soften, **3-4 minutes**. Add the **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Add the **crushed & sieved tomatoes** and **beef stock** and simmer until thickened, **4 minutes**. Add the **baby spinach leaves** and stir through until wilted, **1 minute**.



5. Make the salsa

While the beef is cooking, add the **tomato**, **white wine vinegar** and a **drizzle** of **olive oil** to the bowl with the charred **corn**. Season to taste with a **pinch** of **salt** and **pepper**. Toss to combine.



6. Serve up

Divide the Tex-Mex beef, garlic rice and tomato salsa between bowls. Sprinkle over the **shredded Cheddar cheese** and garnish with the coriander.

Enjoy!