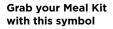
# **Tex-Mex Beef Bowl**

with Garlic Rice, Cheddar & Tomato Salsa











Sweetcorn





Tomato



Tex-Mex

Spice Blend







**Crushed & Sieved Tomatoes** 

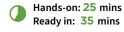
**Beef Stock** 





Baby Spinach Leaves

Shredded Cheddar Cheese



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	<b>1 packet</b> (100g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3280kJ (784Cal)	<b>571kJ</b> (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 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!**