



Mexican Beef Burrito Bowl

with Garlic Rice, Cheddar Cheese & Cucumber Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Red Onion



Cucumber



Coriander



Lemon



Carrot



Beef Mince



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Sour Cream

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Spicy (Mexican Fiesta spice blend)

Fancy a trip to Mexico? We can't deliver that, but we can deliver all the flavour of a Mexican feast that'll make you feel like you're there. Start with garlic rice, add a mouth-watering sauce of spiced beef mince and top it off with a cucumber salsa and sour cream. Grab your sombrero, say "Hola!" and let the fiesta begin!

Unfortunately, this week's tomato was in short supply, so we've replaced it with cucumber. Don't worry, the recipe will be just as delicious!

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
sweetcorn	½ tin	1 tin
red onion	1 (medium)	1 (large)
cucumber	1 (medium)	1 (large)
coriander	1 bunch	1 bunch
lemon	½	1
carrot	1	2
beef mince	1 medium packet	1 large packet
Mexican Fiesta spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water* (for the beef)	½ cup	1 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3940kJ (942Cal)	553kJ (132Cal)
Protein (g)	51.5g	7.2g
Fat, total (g)	38.4g	5.4g
- saturated (g)	21.4g	3.0g
Carbohydrate (g)	90.7g	12.7g
- sugars (g)	20.1g	2.8g
Sodium (mg)	1530mg	214mg

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. Make 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 (for the rice)** 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!



4. Cook the beef mince

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **onion** and **carrot** and cook until softened, **2-3 minutes**.



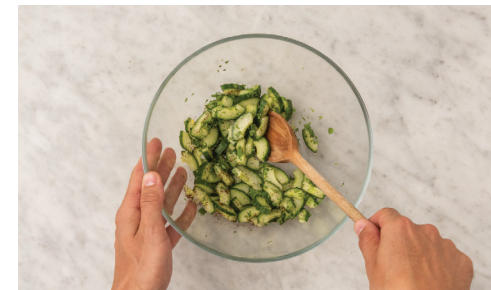
2. Get prepped

While the rice is cooking, drain the **sweetcorn** (see **ingredients list**). Finely chop the **red onion**. Finely chop the **cucumber**. Roughly chop the **coriander**. Zest the **lemon** to get a **pinch**, then slice into wedges. Grate the **carrot** (unpeeled).



5. Make it saucy

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. Reduce the heat of the frying pan to medium-high, then add the **Mexican Fiesta spice blend** and **tomato paste** and cook, stirring, until fragrant, **1 minute**. Add the **water (for the beef)** and stir until well combined. Remove the pan from the heat and season to taste.



3. Make the salsa

In a medium bowl, combine the **cucumber**, **coriander**, **lemon zest** and a **squeeze** of **lemon juice**. Season to taste and set aside. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a bowl.

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



6. Serve up

Just before serving, toss the salsa. Divide the garlic rice between bowls. Top with the Mexican beef, charred corn, **shredded Cheddar cheese**, **sour cream** and cucumber salsa. Serve with any remaining lemon wedges.

Enjoy!