

Mexican-Spiced Beef Burrito Bowl

with Cauliflower Rice & Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Carrot



Tomato



Herbs



Spring Onion



Sweetcorn



Tex-Mex Spice Blend



Tomato Paste



Beef Mince



Cauliflower Rice




Beef Strips



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 20-30 mins

 Carb Smart

Tonight's dinner will bring a zap of flavour to the table with beef seasoned in our Tex-Mex spice blend. Soften everything with a fluffy cauliflower rice and a cooling salsa. Your mouth will be watering before the meal is even served.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar, 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

Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| carrot | 1 | 2 |
| tomato | 1 | 2 |
| herbs | 1 bag | 1 bag |
| spring onion | 1 stem | 2 stems |
| sweetcorn | ½ tin | 1 tin |
| white wine vinegar* | drizzle | drizzle |
| cauliflower rice | 1 packet (250g) | 1 packet (500g) |
| beef mince | 1 packet | 1 packet |
| Tex-Mex spice blend | 1 sachet | 1 sachet |
| tomato paste | 1 packet | 2 packets |
| butter* | 10g | 20g |
| water* | ½ cup | 1 cup |
| beef strips** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2023kJ (483Cal) | 389kJ (92Cal) |
| Protein (g) | 35.8g | 6.9g |
| Fat, total (g) | 24.3g | 4.7g |
| - saturated (g) | 11.1g | 2.1g |
| Carbohydrate (g) | 24.9g | 4.8g |
| - sugars (g) | 15.3g | 2.9g |
| Sodium (mg) | 967mg | 186mg |
| Dietary Fibre | 10.4g | 2g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 1592kJ (380Cal) | 306kJ (73Cal) |
| Protein (g) | 37.3g | 7.2g |
| Fat, total (g) | 13.5g | 2.6g |
| - saturated (g) | 5.9g | 1.1g |
| Carbohydrate (g) | 24.9g | 4.8g |
| - sugars (g) | 15.3g | 2.9g |
| Sodium (mg) | 965mg | 186mg |
| Dietary Fibre | 10.4g | 2g |

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW31



1



Get prepped

- Finely chop **garlic**. Grate the **carrot**. Roughly chop **tomato** and **herbs**. Thinly slice **spring onion**. Drain **sweetcorn** (see ingredients).
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- To the bowl of **charred corn**, add **tomato, herbs**, a pinch of **salt** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Set aside.

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

3



Cook the beef

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat.
- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **carrot** and **beef mince**, breaking up mince with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, then add **Tex-Mex spice blend, tomato paste**, the **butter** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add the **water** and simmer until slightly thickened, **2-3 minutes**. Season to taste.

Custom Recipe: If you've upgraded to beef strips, heat frying pan as above. When oil is hot, cook carrot and beef strips, tossing, until browned and cooked through, 1-2 minutes. Continue with step.

2



Cook the cauliflower rice

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **cauliflower rice** until softened, **2-4 minutes**.
- Add 1/2 the **garlic** and cook, stirring, until fragrant, **1 minute**. Season with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.

4



Serve up

- Divide cauliflower rice between bowls. Top with Mexican-spiced beef and corn salsa.
- Garnish with spring onion to serve. Enjoy!

Rate your recipe

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Let our Culinary team know: hellofresh.co.nz/rate