



SEARED BEEF FAJITA BOWL

with Charred Salsa & Sour Cream



Brighten your bowl with a charred fajita salsa



Garlic



Basmati Rice



Red Onion



Yellow Capsicum



Tomato



Carrot



Coriander



Sweetcorn



Beef Rump



Mexican Fiesta Spice Blend



Sour Cream

Hands-on: **30** mins
Ready in: **40** mins
Spicy (Mexican Fiesta spice blend)

Sizzling beef rump topping sunny charred veggies and garlic rice will have you doing the cha-cha (read: char-char) all around the kitchen. The combo of our smoky charred salsa and cooling sour cream will dance in your mouth for a delightful flavour burst, enjoyed by all.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



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 (for the rice)** and **salt (for the rice)** and 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 PREP THE VEGGIES

While the rice is cooking, thinly slice the **red onion**. Thinly slice the **yellow capsicum** into strips. Finely chop the **tomato**. Grate the **carrot** (unpeeled). Roughly chop the **coriander**. Drain the **sweetcorn** (see ingredients list).



3 COOK THE BEEF

In a medium frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef rump** and cook for **2-3 minutes** each side (depending on thickness), or until cooked to your liking. 🌱 **TIP:** *This will give you a medium steak; cook it for a little less time if you like it rare or a little longer for well done.* Transfer to a plate to rest.



4 COOK THE FAJITA SALSA

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Add the **capsicum** and **sweetcorn**. Cook until lightly browned, **4-5 minutes**. 🌱 **TIP:** *Cover the pan with a lid if the kernels are "popping" out.* Reduce the heat to medium-high and add the **red onion**, **tomato** and **carrot**. Cook until just softened, **3-4 minutes**.



5 MAKE IT SAUCY

🌶️ **SPICY!** *The spice blend is hot, use less if you're sensitive to heat.* Add the **water (for the sauce)**, **Mexican Fiesta spice blend** (see ingredients list) and the **salt (for the sauce)** to the pan with the veggies. Cook until fragrant, **2 minutes**. Set aside.



6 SERVE UP

Thinly slice the seared beef. Divide the garlic rice between bowls. Top with the charred fajita salsa and beef. Top with a dollop of **sour cream** and sprinkle with the coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
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* (for the rice)	¼ tsp	½ tsp
red onion	1	2
yellow capsicum	1	2
tomato	1	2
carrot	1	2
coriander	1 bunch	1 bunch
sweetcorn	½ tin (150g)	1 tin (300g)
beef rump	1 packet	1 packet
water* (for the sauce)	½ cup	1 cup
Mexican Fiesta spice blend	½ sachet	1 sachet
salt* (for the sauce)	¼ tsp	½ tsp
sour cream	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3340kJ (799Cal)	494kJ (118Cal)
Protein (g)	45.6g	6.7g
Fat, total (g)	28.5g	4.2g
- saturated (g)	15.5g	2.3g
Carbohydrate (g)	84.1g	12.4g
- sugars (g)	17.9g	2.6g
Sodium (g)	1130mg	167mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

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