



# Tex-Mex Beef Burrito Rice Bowl

with Cheddar, Corn Salsa & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Tomato



Cucumber



Tex-Mex  
Spice Blend



Beef Strips



Greek-Style  
Yoghurt



Shredded Cheddar  
Cheese



Hands-on: 20-30 mins  
Ready in: 25-35 mins

Dig into a bowl of Tex-Mex delights! From tender and mildly spiced beef strips to a charred corn salsa and tasty garlic rice, this colourful meal gets a smattering of Cheddar cheese and a dollop of cooling yoghurt to bring the whole flavoursome feast together!

## 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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
sweetcorn	½ tin	1 tin
tomato	1	2
cucumber	1 (medium)	1 (large)
Tex-Mex spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3486kJ (833Cal)	687kJ (164Cal)
Protein (g)	44.6g	8.8g
Fat, total (g)	37.6g	7.4g
- saturated (g)	17.8g	3.5g
Carbohydrate (g)	73.9g	14.6g
- sugars (g)	9.4g	1.9g
Sodium (mg)	1078mg	212mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** 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!



## Get prepped

**SPICY!** This is a mild spice blend, use less if you're sensitive to heat. While the rice is cooking, drain the **sweetcorn** (see ingredients). Roughly chop the **tomato** and **cucumber**. In a large bowl, combine the **Tex-Mex spice blend**, remaining **garlic** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **beef strips** and toss to coat. Set aside.



## Char the corn

Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl and allow to cool slightly.

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



## Make the corn salsa

Add the **tomato** and **cucumber** to the charred **corn**. Drizzle with **olive oil** and the **white wine vinegar**, season to taste and toss to combine. Set aside.



## Cook the beef strips

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.



## Serve up

Divide the garlic rice between bowls. Top with the Tex-Mex beef strips, charred corn salsa and **Greek-style yoghurt**. Sprinkle with the **shredded Cheddar cheese**.

## Enjoy!