



All-American Beef Rice Bowl with Salsa & BBQ Mayo

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3545kJ (847Cal) | Protein 44.4g | Fat, total 45g - saturated 18.3g | Carbohydrate 61.5g - sugars 20.7g | Sodium 1939mg
Naturally gluten-free (not suitable for coeliacs) | The quantities provided above are averages only.

Contact us | hellofresh.com.au/contact
2021 | WK25 | W

Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil

From the cool pouch

	2P	4P
Beef Mince	1 small pkt	1 medium pkt
Seasonal Veggie Mix	1 bag (150g)	2 bags (300g)
Garlic Paste	1 pkt	2 pkts
Beef Stock Pot	1 pkt (20g)	1 pkt (40g)
Shredded Cheddar Cheese	1 medium pkt	1 large pkt
BBQ Mayonnaise	1 pkt (50g)	2 pkts (100g)
Sour Cream	1 medium pkt	1 large pkt

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Beef Mince



Seasonal Veggie Mix



Garlic Paste



All-American Spice Blend



Tomato Paste



Beef Stock Pot

2. Chop



Lemon



Tomato



Cucumber

3. Zap



Microwaveable Basmati Rice



Shredded Cheddar Cheese



BBQ Mayonnaise



Sour Cream



Coriander

- Heat **olive oil** in a frying pan over high heat
- Cook **beef** and **veggie mix**, breaking with a spoon, until beef is browned, **2 mins**
- Stir in **garlic paste** and **spice blend**. Cook until fragrant, **1 min**
- Add **tomato paste**, **beef stock pot** and a generous splash of **water**
- Stir until heated, **1 min**

- Cut **lemon** into wedges
- Roughly chop **tomato** and **cucumber**

- Microwave **rice** until steaming, **2-3 mins**
- Plate up **rice** and **beef**
- Top with **Cheddar**, **tomato**, **cucumber** and **lemon wedges**
- Serve dolloped with **BBQ mayo**, **sour cream** and torn **coriander**

