



BBQ BEEF BOWLS

Rice, Cuke Salad, White Cheddar & BBQ Mayo

FAST & FRESH

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

- Strainer
- Bowls
- Pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)



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CALORIES: 920

1 PREP



6 oz | 12 oz
Pepper and
Onion Mix



1 Clove | 2 Cloves
Garlic



1 | 2
Tomato



1 | 2
Mini Cucumber



¼ oz | ½ oz
Cilantro

- Wash and dry produce.
- Drain **pepper and onion mix**. Mince or grate **garlic**. Dice **tomato**. Dice **cucumber**. Tear **cilantro**.



2 SIZZLE



10 oz | 20 oz
Ground Beef



1 TBSP | 2 TBSP
Fry Seasoning



1.5 oz | 3 oz
Tomato Paste



1 | 2
Veggie Stock
Concentrate



4 TBSP | 8 TBSP
BBQ Sauce

- Drizzle **oil** in a hot nonstick pan. Cook **beef*** and **pepper and onion mix**, breaking up meat, until browned, 2 minutes. Add **garlic**, **Fry Seasoning**, and a **pinch of salt**; cook, stirring, 1-2 minutes more.
- Add **tomato paste**, **stock concentrate**, **half the BBQ sauce**, and **¼ cup water** (**⅓ cup for 4**); bring to a boil and cook until **beef** is cooked through, 1-2 minutes.



3 ZAP



1 | 2
Microwavable Rice

- Massage **rice** package; snip to partially open. Microwave for 90 seconds. Fluff and season with **salt** and **pepper**.



4 SERVE



1 | 1
Lime



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



½ Cup | 1 Cup
White Cheddar
Cheese
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk

- Quarter **lime**.
- In a bowl, mix **mayo** and **remaining BBQ sauce**.
- In a second bowl, toss **tomato** and **cuke**; season with **salt** and **pepper**.
- Top **rice** with **beef**, **salad**, **cheese**, **sour cream**, **BBQ mayo**, and **cilantro**. Serve with **lime wedges**.



*Ground Beef is fully cooked when internal temperature reaches 160°.