



MEXICAN BEEF & BEAN RICE BOWL

with Charred Corn & Greek Yoghurt



Master garlic rice



Brown Onion



Garlic



Red Capsicum



Coriander



Courgette



Carrot



Sweetcorn



Red Kidney Beans



Basmati Rice



Beef Mince



Tex-Mex Spice Blend



Crushed & Sieved Tomatoes



Chicken Stock



Greek Yoghurt



Hands-on: 40 mins

Ready in: 45 mins

Serve up the family-friendly flavours of Tex-Mex cuisine in a colourful and exciting bowl! With garlic-infused rice and a beef sauce loaded with veggies and beans, all topped off with a scattering of charred corn kernels, this bowl gets better with every bite.

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 GET PREPPED

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Cut the **red capsicum** into 1cm pieces. Roughly chop the **coriander**. Grate the **courgette** and **carrot** (unpeeled). Drain the **sweetcorn**. Drain and rinse the **red kidney beans**.



2 MAKE THE GARLIC RICE

In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **1/3** of the **garlic** and cook until golden and fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove the pan 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!*



3 CHAR THE CORN

While the rice is cooking, heat a large frying pan over a high heat. Add the **corn** kernels and cook, tossing, until lightly charred, **4-5 minutes**. **TIP:** *Cover the pan if the kernels start "popping" out!* Transfer to a small bowl and set aside.



4 COOK THE VEGGIES & BEEF

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Add the **onion**, **capsicum**, **courgette** and **carrot**. Cook until slightly softened, **3-4 minutes**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **2-3 minutes**.



5 SIMMER THE SAUCE

SPICY! *This is a mild spice blend, but if the kids are very sensitive, feel free to add less!* Add **1 1/2 sachets** of **Tex-Mex spice blend** and the **remaining garlic** to the pan and cook, stirring, until fragrant, **1 minute**. Add the **crushed & sieved tomatoes**, **kidney beans**, **water (for the sauce)** and crumble in the **chicken stock** cubes. Bring to the boil, then reduce the heat and simmer until slightly thickened, **1-2 minutes**. Add a **splash** of **water** if the sauce looks too thick!



6 SERVE UP

Divide the garlic rice and Mexican beef between bowls. Top with the **Greek yoghurt** and charred corn. Sprinkle the adults' portions with the coriander.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	6 cloves
red capsicum	1
coriander	1 bunch
courgette	1
carrot	1
sweetcorn	1 tin (410g)
red kidney beans	1 tin
butter*	40g
basmati rice	2 packets
water* (for the rice)	3 cups
salt*	½ tsp
beef mince	1 packet
Tex-Mex spice blend	1½ sachets
crushed & sieved tomatoes	1 tin (400g)
water* (for the sauce)	½ cup
chicken stock	2 cubes
Greek yoghurt	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2810kJ (672Cal)	415kJ (99Cal)
Protein (g)	40.7g	6.0g
Fat, total (g)	13.4g	2.0g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	88.9g	13.1g
- sugars (g)	18.7g	2.8g
Sodium (g)	1090mg	160mg

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

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