

Chipotle Beef & Spinach Rice Bowl

with Spicy Avo Salsa & Yoghurt

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

27



Garlic



Basmati Rice



Tomato



Spring Onion



Avocado



Pickled Jalapeños (Optional)



Beef Mince



Paprika Spice Blend



Mild Chipotle Sauce



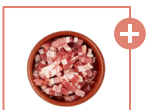
Baby Spinach Leaves



Greek-Style Yoghurt



Beef Mince



Diced Bacon

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Chow down on this beef rice bowl brimming with flavour, thanks to the subtle earthiness from our paprika spice blend and smokey-sweetness of mild chipotle. Serve with some spicy avo salsa to really make those rich flavours sing but keep things cool thanks to a generous dollop of yoghurt and bed of fluffy rice.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
tomato	1	2
spring onion	1 stem	2 stems
avocado	1	2
pickled jalapeños (optional) 🌶️	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
paprika spice blend	1 sachet	2 sachets
mild chipotle sauce	1 packet	2 packets
water* (for the beef)	¼ cup	½ cup
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3001kJ (717Cal)	699kJ (167Cal)
Protein (g)	37.3g	8.7g
Fat, total (g)	30.9g	7.2g
- saturated (g)	9.7g	2.3g
Carbohydrate (g)	69.7g	16.2g
- sugars (g)	7g	1.6g
Sodium (mg)	893mg	208mg
Dietary Fibre (g)	14.2g	3.3g

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



1 Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce 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!



4 Toss the salsa

- In a medium bowl, combine **avocado**, **tomato**, **pickled jalapeños** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste with **salt** and **pepper**.



2 Get prepped

- While the rice is cooking, roughly chop **tomato**.
- Thinly slice **spring onion**.
- Slice **avocado** in half, scoop out flesh then roughly chop.
- Roughly chop **pickled jalapeños** (if using).



5 Finish the rice

- To the rice, add **baby spinach leaves** and stir until wilted.



3 Cook the beef

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat.
- Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **paprika spice blend** and the remaining **garlic** and cook until fragrant, **1 minute**.
- Remove from the heat, then add **mild chipotle sauce** and the **water (for the beef)**, stirring to combine.



6 Serve up

- Divide spinach rice between bowls.
- Top with chipotle beef and spicy salsa.
- Serve with a dollop of **Greek-Style yoghurt** and sprinkle of spring onion. Enjoy!

CUSTOM OPTIONS

+ **DOUBLE BEEF MINCE**
Follow method above, cooking in batches if necessary.

+ **ADD DICED BACON**
In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

