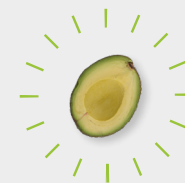




BEEF BURRITO BOWL

with Avocado Crema & Charred Corn Salsa



Make an avocado crema



Garlic



Basmati Rice



Corn



Tomato



Coriander



Lemon



Beef Strips



Tex-Mex
Spice Blend



Avocado



Sour Cream



Shredded Cheddar
Cheese



Hands-on: **20** mins
Ready in: **30** mins



Naturally gluten-free
Not suitable for Coeliacs

Dig into a bowl of Mexican delights! From tender and mildly spiced beef strips to a charred corn salsa and luscious avocado crema, this colourful meal is a flavoursome feast from start to finish.

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 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add **1/2** the **garlic** and cook until golden and fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt** to the pan and 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!



4 MAKE THE AVOCADO CREMA

Slice the **avocado** in half and scoop the flesh out of its skin. Place the **avocado** in a small bowl and mash with a fork. Add **1/2 tub** of **sour cream** and stir to combine. Add a **squeeze of lemon juice** and season to taste with **salt** and **pepper**. **TIP:** For a smoother crema, use a food processor or stick blender.



2 GET PREPPED

While the rice is cooking, slice the **corn** kernels from the cob. Roughly chop the **tomato**. Roughly chop the **coriander**. Slice the **lemon** into wedges. In a large bowl, place the **beef strips**, **1 1/2 sachets of Tex-Mex spice blend** and the **remaining garlic**. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. **TIP:** Add a little more of the spice blend if you aren't sensitive to heat!



5 COOK THE BEEF STRIPS

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add **1/3** of the **beef strips** and cook until browned and cooked through, **1-2 minutes**. Transfer to a plate. **TIP:** Cooking the meat in batches over high heat keeps it tender.



3 MAKE THE SALSA

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. **TIP:** Cover the pan with a lid if the kernels are "popping" out. Transfer to a medium bowl. Just before serving, add the **tomato** and **coriander** to the **corn** in the bowl. Drizzle with **olive oil** and season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the garlic rice between bowls. Top with the beef, charred corn salsa and avocado crema. Sprinkle the **shredded Cheddar cheese** over the beef. Serve with the remaining lemon wedges on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	1/2 tsp
corn	1
tomato	2
coriander	1 bag
lemon	1
beef strips	1 packet
Tex-Mex spice blend	1 1/2 sachets
avocado	1
sour cream	1/2 tub (50g)
shredded Cheddar cheese	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3340kJ (799Cal)	780kJ (186Cal)
Protein (g)	46.5g	10.8g
Fat, total (g)	35.8g	8.4g
- saturated (g)	18.5g	4.3g
Carbohydrate (g)	69.8g	16.3g
- sugars (g)	4.8g	1.1g
Sodium (g)	800mg	187mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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