



Cal Smart Beef Fajita Rice Bowl with Ranch Cos Salad

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2713kJ (648Cal) | Protein 39.3g | Fat, total 30.2g - saturated 13.9g | Carbohydrate 51.8g - sugars 10.7g | Sodium 1373mg
The quantities provided above are averages only | **Calorie Smart**

We're here to help! Scan here
2023 | WK14 | AL



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)

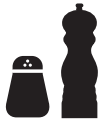


Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Ranch Dressing	1 pkt	2 pkts
Beef Strips	1 small pkt	2 medium pkts
Light Sour Cream	1 medium pkt	1 large pkt
Tomato Salsa	1 medium pkt	1 large pkt
Pickled Jalapeños (Optional)	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. Toss



Baby Cos Lettuce



Cucumber



Sweetcorn



Ranch Dressing

2. Sizzle



Beef Strips



Mexican Fiesta  Spice Blend

3. Zap



Microwavable Basmati Rice



Light Sour Cream



Mild Chipotle

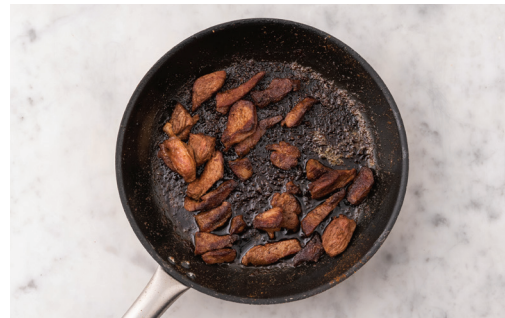


Pickled Jalapeños  (Optional)

- Roughly chop **cos lettuce** (1/2 head for 2P / 1 head for 4P) and **cucumber**. Drain **sweetcorn**
- In a bowl, combine **lettuce, cucumber** and **dressing**. Season and set aside

- In a frying pan, heat a drizzle of **oil** over high heat
- Cook **beef**, tossing, in batches until cooked through, **1-2 mins**
- **Spicy!** You may find the **spice blend hot!** Add less if you're sensitive to heat. Add **spice blend**, and cook until fragrant, **1 min**

- Microwave **rice** until steaming, **2-3 mins**
- In a bowl, add **rice** and **corn**. Stir through **butter** (20g for 2P / 40g for 4P)
- Divide **rice, beef** and **ranch cos salad** between bowls. Top with **sour cream, salsa** and **jalapeños** (if using)



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