

Cheesy American Beef Chilli

with Lemon Crema & Cucumber Salsa

Grab your Meal Kit
with this symbol



Basmati Rice



Brown Onion



Garlic



Lemon



Carrot



Corn



Cucumber



Sour Cream



Beef Mince



All-American
Spice Blend



Diced Tomatoes with
Garlic & Olive Oil



Beef Stock



Shredded Cheddar
Cheese

 Hands-on: **25-35** mins
Ready in: **30-40** mins

Gather round guys – it's chilli night! We're giving it a taste of the USA with our All-American spice blend and have included a solid array of veggies so you can feel good about digging into this flavourful feast.

Pantry items

Olive Oil

Before you start

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 will need

Two oven trays lined with baking paper ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1	2
garlic	2 cloves	4 cloves
lemon	½	1
carrot	1	2
corn	1 cob	2 cobs
cucumber	1	2
sour cream	1 packet (100g)	1 packet (200g)
beef mince	1 small packet	1 medium packet
All-American spice blend	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 box (400g)	2 boxes (800g)
water* (for the sauce)	2 tbs	4 tbs
beef stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4179kJ (998Cal)	503kJ (120Cal)
Protein (g)	42g	5.1g
Fat, total (g)	46.4g	5.6g
- saturated (g)	22.9g	2.8g
Carbohydrate (g)	95.8g	11.5g
- sugars (g)	27.9g	3.4g
Sodium (mg)	1382mg	167mg

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. Cook the rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed.

TIP: The rice will finish cooking in its own steam so don't peek!



4. Cook the beef

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**. Add the **All-American spice blend** and cook until fragrant, **1 minute**.



2. Get prepped

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **generous pinch**, then slice in half. Grate the **carrot** (unpeeled). Slice the **corn** kernels off the cob. Finely chop the **cucumber**. In a small bowl, combine the **cucumber**, a **squeeze of lemon juice** and a **drizzle of olive oil**. Season to taste and toss to coat.



5. Make the chilli

Add the grated **carrot** and **corn** to the pan and cook until softened, **2-3 minutes**. Add the **diced tomatoes with garlic & olive oil** and **water (for the sauce)** to the pan and crumble in the **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Reduce the heat to medium-high and cook until reduced and thickened, **2-3 minutes**. Season to taste.

TIP: Add a dash of water if you prefer a looser chilli!



3. Make the lemon crema

In a small bowl, combine the **sour cream** and **lemon zest**. Season to taste.



6. Serve up

Divide the rice between bowls and top with the American chilli and **shredded Cheddar cheese**. Serve with the lemon crema and cucumber salsa.

Enjoy!