

Cheesy Mexican Beef & Rice Bake

with Sour Cream & Lime

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Green Beans



Sweetcorn



Carrot



Brown Onion



Lime



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Vegetable Stock Powder



Shredded Cheddar Cheese



Light Sour Cream

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **30-40 mins**
 Ready in: **40-50 mins**
Naturally Gluten-Free
Not suitable for coeliacs

Loaded with tomatoey, Tex-Mex-spiced beef and veggies, this is no ordinary rice bake. Grill until the cheese is gooey and golden and serve with some mandatory sour cream, plus a squeeze of lime to cut the richness.

Pantry items

Olive Oil, Butter

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

Medium saucepan with a lid · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1 ½ cups	3 cups
green beans	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
brown onion	1	2
lime	½	1
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
water* (for the beef)	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3970kJ (949Cal)	580kJ (139Cal)
Protein (g)	47.1g	6.9g
Fat, total (g)	42.7g	6.2g
- saturated (g)	21.9g	3.2g
Carbohydrate (g)	86.7g	12.7g
- sugars (g)	22.2g	3.2g
Sodium (mg)	1370mg	200mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW08



1 Cook the rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. 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 Flavour the beef

SPICY! This is a mild spice blend, but use less if you're sensitive to heat. Add the **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Add the **tomato paste** (see ingredients), the **water (for the beef)** and **vegetable stock powder**. Simmer until thickened, **2-3 minutes**.



2 Prep the veggies

While the rice is cooking, trim the **green beans** then slice in half. Drain the **sweetcorn**. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **green beans** and **corn**, tossing, until lightly browned, **4-5 minutes**. Transfer to a medium bowl. Meanwhile, grate the **carrot**. Finely chop the **brown onion**. Zest the **lime**, then cut into wedges.



5 Finish the rice bake

Preheat the grill to high. To the pan with the **beef**, add the **rice**, **lime zest**, **green beans** and **corn**, gently stirring to combine. Season with **salt** and **pepper** to taste. Transfer to a baking dish, then sprinkle over the **shredded Cheddar cheese**. Grill until lightly golden, **6-8 minutes**.



3 Cook the beef

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **3-4 minutes**. Add the **beef mince** and **carrot** and cook, breaking the mince up with a spoon, until cooked through, **5-6 minutes**.



6 Serve up

Divide the cheesy Mexican beef and rice bake between plates. Serve with the lime wedges and a dollop of **light sour cream**.

Enjoy!

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