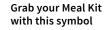
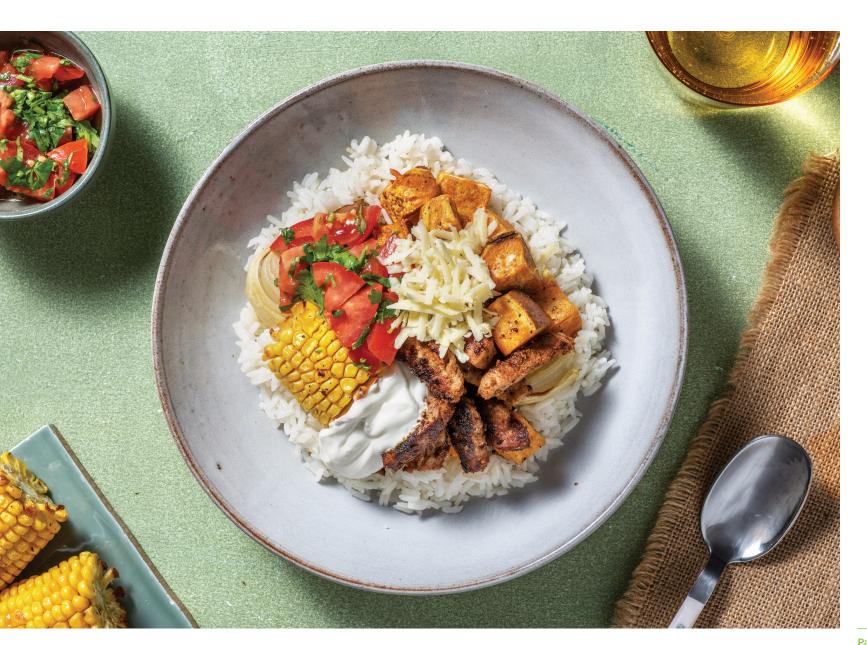


# Loaded Beef Fajita Bowl with Garlic Rice & Cheddar Cheese

















Basmati Rice



Tex-Mex



Coriander

**Beef Strips** 

Spice Blend





Shredded Cheddar Cheese



**Greek Yoghurt** 



Olive Oil, Butter, White Wine Vinegar



Naturally gluten-free Not suitable for Coeliacs Make it Mexican! That's our solution when we want a bright mix of colours and flavours – plus a bowl that makes everyone happy. This one starts with aromatic garlic rice and adds roasted veggies, charred corn and lightly spiced beef strips for a burst of deliciousness in every bite!

## 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

Oven tray lined with baking paper  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

# Ingredients

| in ign danor too           |                    |                    |  |
|----------------------------|--------------------|--------------------|--|
|                            | 2 People           | 4 People           |  |
| olive oil*                 | refer to method    | refer to method    |  |
| sweet potato               | 1                  | 2                  |  |
| brown onion                | 1/2                | 1                  |  |
| corn                       | 1 cob              | 2 cobs             |  |
| garlic                     | 2 cloves           | 4 cloves           |  |
| butter*                    | 20g                | 40g                |  |
| basmati rice               | 1 packet           | 2 packets          |  |
| water*                     | 1½ cups            | 3 cups             |  |
| salt*                      | 1/4 tsp            | ½ tsp              |  |
| beef strips                | 1 packet           | 1 packet           |  |
| Tex-Mex spice<br>blend     | 1 sachet           | 2 sachets          |  |
| coriander                  | 1 bag              | 1 bag              |  |
| tomato                     | 1                  | 2                  |  |
| white wine<br>vinegar*     | 1 tsp              | 2 tsp              |  |
| shredded<br>Cheddar cheese | 1 packet<br>(50g)  | 1 packet<br>(100g) |  |
| Greek yoghurt              | 1 packet<br>(100g) | 1 packet<br>(200g) |  |
|                            |                    |                    |  |

<sup>\*</sup>Pantry Items

#### **Nutrition**

| T CO TO TO TO   |  |  |  |
|-----------------|--|--|--|
| Per Serving     | Per 100g   |  |  |
| 3592kJ (858Cal) | 618kJ (147Cal)   |  |  |
| 47.5g           | 8.2g   |  |  |
| 31.1g           | 5.4g   |  |  |
| 15.5g           | 2.7g   |  |  |
| 92.5g           | 15.9g  |  |  |
| 19.3g           | 3.3g   |  |  |
| 1557mg          | 268mg  |  |  |
|                 | 3592kJ (858Cal)<br>47.5g<br>31.1g<br>15.5g<br>92.5g<br>19.3g |  |  |

# **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.



# Prep the veggies

Preheat the oven to 220°C/200°C fan-forced. Cut the sweet potato (unpeeled) into 1cm chunks. Slice the brown onion into 2cm wedges (see ingredients). Cut the corn cob in half.

**TIP:** Cut the veggies to size so they cook in time.



# Roast the veggies

Place the **sweet potato**, **onion** and **corn** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



# Cook the garlic rice

While the veggies are roasting, finely chop the garlic. Melt the butter with a dash of olive oil in a medium saucepan over a medium heat. Add the garlic and cook until fragrant, 1-2 minutes. Add the basmati rice, water and the salt 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!



## Cook the beef

In a medium bowl, combine the **Tex-Mex spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **beef strips** and and toss to coat. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef strips** until browned and cooked through, **3-4 minutes** (cook in batches if your pan is getting crowded).



## Make the tomato salsa

Roughly chop the **coriander**. Roughly chop the **tomato**. In a small bowl, combine the **coriander**, **tomato**, **white wine vinegar** and a drizzle of **olive oil**.



## Serve up

Divide the garlic rice between bowls. Top with the beef strips, roast veggies, tomato salsa and **shredded Cheddar cheese**. Serve with the **Greek yoghurt**.

Enjoy!