



Loaded Beef Fajita Bowl

with Garlic Rice & Cheddar Cheese

Grab your Meal Kit
with this symbol



Sweet Potato



Brown Onion



Corn



Garlic



Basmati Rice



Beef Strips



Tex-Mex
Spice Blend



Coriander




Tomato



Shredded Cheddar
Cheese



Greek Yoghurt

 Hands-on: **25-35 mins**
Ready in: **35-45 mins**
 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!

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
brown onion	½	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*	¼ tsp	½ tsp
beef strips	1 packet	1 packet
Tex-Mex spice blend	1 sachet	2 sachets
coriander	1 bag	1 bag
tomato	1	2
white wine vinegar*	1 tsp	2 tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3592kJ (858Cal)	618kJ (147Cal)
Protein (g)	47.5g	8.2g
Fat, total (g)	31.1g	5.4g
- saturated (g)	15.5g	2.7g
Carbohydrate (g)	92.5g	15.9g
- sugars (g)	19.3g	3.3g
Sodium (mg)	1557mg	268mg

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



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.

2



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**.

3



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!

4



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 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).

5



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**.

6



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!