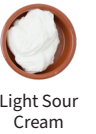
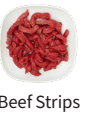
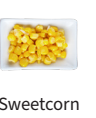







Loaded Beef Fajita Bowl

with Cheddar, Charred Corn & Garlic Rice



 Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 **Naturally Gluten-Free**
Not suitable for coeliacs

Fajitas are meat strips grilled with capsicum and onion, but all you really need to know is that they're delicious! Especially when teamed with our Tex-Mex spice blend, which is mild enough for everyone to enjoy.

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

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
green capsicum	1	2
red capsicum	1	2
brown onion	½	1
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
sweetcorn	1 tin (125g)	1 tin (300g)
Tex-Mex spice blend	¾ sachet	1½ sachets
beef strips	1 small packet	1 medium packet
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)	3490kJ (834Cal)	554kJ (132Cal)
Protein (g)	53.4g	8.5g
Fat, total (g)	31.1g	4.9g
- saturated (g)	18.6g	3g
Carbohydrate (g)	79.5g	12.6g
- sugars (g)	16.6g	12.6g
Sodium (mg)	711mg	113mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Slice the **green capsicum** and **red capsicum** into thin strips. Cut the **brown onion** (see ingredients) into thick wedges.



Char the corn

While the rice is cooking, drain the **sweetcorn**. Heat a large frying pan over a high heat. Cook the **corn kernels**, stirring occasionally, until lightly browned, **4-5 minutes**. Transfer to a bowl and cover to keep warm.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Roast the veggies

Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the beef

SPICY! This is a mild spice blend, but use less if you're sensitive to heat. In a medium bowl, combine the **Tex-Mex spice blend** (see ingredients) with a drizzle of **olive oil**. Season, then add the **beef strips**, tossing to coat. Return the frying pan to a high heat with a drizzle of **olive oil**. Once hot, cook the **beef strips**, in batches, until browned and cooked through, **1-2 minutes**.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** 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!



Serve up

Divide the garlic rice between bowls. Top with the beef fajita strips, roast veggies and charred corn. Top with the **shredded Cheddar cheese** and **light sour cream** to serve.

Enjoy!

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