



# Mexican Beef Burrito Bowl with Sour Cream

Grab your  
Fresh & Fast  
Meal Kit



**FRESH & FAST** Box to plate: 15 mins Eat me early



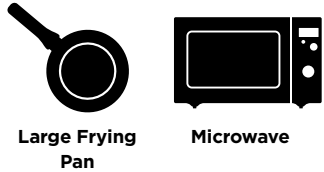
**Nutrition Per Serving:** Energy 3809kJ/910Cal | Protein 48g | Fat, total 50.6g - saturated 19.4g | Carbohydrate 56.9g - sugars 15.6g | Sodium 1271mg  
**Naturally gluten-free** (Not suitable for coeliacs) | **Spicy** (optional long red chilli)

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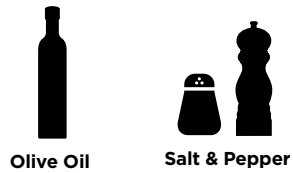
# Get ready

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'll need (along with the basics)



## From the pantry



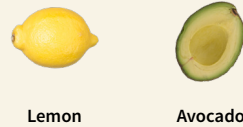
## From the cool pouch

	2P	4P
Beef Mince	1 small pkt	1 large pkt
Seasonal Veggie Mix	1 bag (150g)	2 bags (300g)
Sour Cream	1 pkt (100g)	1 pkt (200g)
Shredded Cheddar Cheese	1 pkt (50g)	1 pkt (100g)

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Chop



## 2. Sizzle



## 3. Zap



- Slice **lemon** into wedges
- Scoop **avo** flesh into a bowl
- Add a **good squeeze** of **lemon juice** to **avo**, **season** and mash

- Heat **olive oil** in a large frying pan over medium-high heat
- Cook **beef** until browned, **2-3 mins**
- Add **veggie mix** and toss until softened, **4-5 mins**
- Stir in **spice blend**
- Add **tomato sugo** and **chipotle**
- Cook until just thickened, **1-2 mins**
- **Season**

- Meanwhile, zap **rice** in microwave until steaming, **2 mins**
- Plate up **rice** and **beef**
- Dollop with **avo** and **sour cream**
- Finely chop **coriander** and **chilli** (if using)
- Sprinkle with **cheese**, **coriander** and **chilli** (if using)
- Serve with **lemon** wedges

