



Mexican Beef Burrito Bowl

with Cauli Rice & Herby Avo Salsa

Grab your Meal Kit with this symbol



Garlic



Carrot



Tomato



Herbs



Avocado



Cauliflower Rice



Beef Mince



Mexican Fiesta Spice Blend



Tomato Paste

Prep in: **15-25 mins**
Ready in: **20-30 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Spicy (Mexican Fiesta spice blend)

Dietitian Approved



Carb Smart

Give juicy beef mince some heat with our Mexican Fiesta spice blend and you have a flavourful protein for a carb conscious burrito bowl. The garlic-infused cauli rice is so fluffy and flavourful, you won't even miss the rice. The creamy, cooling and zingy salsa is the cherry on top.

Pantry items

Olive Oil, White Wine Vinegar, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
tomato	1	2
herbs	1 bag	1 bag
avocado	1	2
white wine vinegar*	drizzle	drizzle
cauliflower rice	1 bag (250g)	1 bag (500g)
beef mince	1 small packet	1 medium packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
butter*	10g	20g
water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2230kJ (532Cal)	405kJ (96Cal)
Protein (g)	34.3g	6.2g
Fat, total (g)	33.9g	6.2g
- saturated (g)	10.5g	1.9g
Carbohydrate (g)	19.5g	3.5g
- sugars (g)	14.5g	2.6g
Sodium (mg)	1044mg	190mg
Dietary Fibre	15.9g	2.9g

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.

1



Get prepped

- Finely chop **garlic**. Grate the **carrot**.
- Roughly chop **tomato** and **herbs**. Slice **avocado** in half, then scoop out the flesh and roughly chop.
- In a medium bowl, combine **tomato**, **avocado**, **herbs**, a pinch of **salt** and a drizzle of **white wine vinegar** and **olive oil**.

3



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **carrot** and **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Reduce heat to medium. Add **Mexican Fiesta spice blend**, **tomato paste**, the **butter** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add the **water** and simmer until slightly thickened, **2-3 minutes**. Season to taste.

TIP: The butter works to balance out the acidity of the tomato paste!

2



Cook the cauliflower rice

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **cauliflower rice** until softened, **2-4 minutes**.
- Add 1/2 the **garlic** and cook, stirring, until fragrant, **1 minute**.
- Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

4



Serve up

- Divide cauli rice between bowls. Top with Mexican beef.
- Spoon over herby avo salsa to serve.

Enjoy!

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