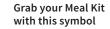


Mexican Beef Burrito Bowl

with Cauli Rice & Herby Avo Salsa

























Mexican Fiesta Spice Blend



Tomato Paste

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



Carb Smart



Spicy (Mexican Fiesta spice blend) 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.



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

The quantities provided above are averages only.

Allergens

Dietary Fibre

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

- 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.



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.



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!



Serve up

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

Enjoy!

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