



Mexican Beef Burrito Bowl

with Cauli Rice & Avo-Coriander Salsa

Grab your Meal Kit with this symbol



Carrot



Tomato



Coriander



Avocado



Mexican Fiesta Spice Blend



Tomato Paste



Cauliflower Rice



Garlic Paste



Beef Mince



Chicken Breast

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



Naturally Gluten-Free
Not suitable for coeliacs

Dietitian Approved



Eat Me Early
**Custom Recipe only*



Carb Smart

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 |
| carrot | 1 | 2 |
| tomato | 1 | 2 |
| coriander | 1 bag | 1 bag |
| avocado | 1 | 2 |
| white wine vinegar* | drizzle | drizzle |
| cauliflower rice | 1 packet (250g) | 1 packet (500g) |
| garlic paste | 1 packet | 2 packets |
| 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 |
| chicken breast** | 1 small packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2193kJ (524Cal) | 399kJ (95Cal) |
| Protein (g) | 34.2g | 6.2g |
| Fat, total (g) | 33.1g | 6g |
| - saturated (g) | 10g | 1.8g |
| Carbohydrate (g) | 18.9g | 3.4g |
| - sugars (g) | 14.3g | 2.6g |
| Sodium (mg) | 938mg | 171mg |
| Dietary Fibre (g) | 15.9g | 2.9g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2035kJ (486Cal) | 345kJ (82Cal) |
| Protein (g) | 41.3g | 7g |
| Fat, total (g) | 25.5g | 4.3g |
| - saturated (g) | 6.3g | 1.1g |
| Carbohydrate (g) | 20g | 3.4g |
| - sugars (g) | 15g | 2.5g |
| Sodium (mg) | 1048mg | 178mg |
| Dietary Fibre (g) | 16.2g | 2.7g |

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW27



1



Get prepped

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

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks.

3



Cook the beef

- Return 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 paste**. Cook until fragrant, **1 minute**.
- Stir through the **water**, then simmer until slightly thickened, **2-3 minutes**.

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

Custom Recipe: Prepare pan as above. Cook chicken until browned and cooked through (when no longer pink inside), 5-6 minutes. Add the carrot. Cook until tender, 1-2 minutes. Reduce heat to medium, then continue with the step.

2



Cook the cauli 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 paste** and cook, stirring, until fragrant, **1 minute**.
- Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

4



Serve up

- Season Mexican beef to taste.
- Divide cauli rice between bowls. Top with beef.
- Spoon over avo-coriander salsa to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate