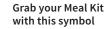


Mexican Beef Burrito Bowl

with Cauli Rice & Avo-Coriander Salsa













Coriander



Mexican Fiesta Spice Blend

Tomato Paste





Cauliflower Rice



Garlic Paste



Beef Mince

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

*Custom Recipe only

Eat Me Early

*Custom Position



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 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
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		

Per Serving	Per 100g
2035kJ (486Cal)	345kJ (82Cal)
41.3g	7g
25.5g	4.3g
6.3g	1.1g
20g	3.4g
15g	2.5g
1048mg	178mg
16.2g	2.7g
	2035kJ (486Cal) 41.3g 25.5g 6.3g 20g 15g 1048mg

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





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.



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.



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.



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