

Mexican Beef Meatballs & Cauli-Carrot Rice

with Cucumber Salsa & Chipotle Sour Cream

Grab your Meal Kit with this symbol



Beef Mince



Tex-Mex Spice Blend



Cucumber



Tomato



Garlic



Carrot



Mild Chipotle Sauce



Light Sour Cream



Cauliflower Rice



Vegetable Stock Powder



Herbs



Hands-on: 20-30 mins
Ready in: 30-40 mins



Carb Smart



Naturally Gluten-Free
Not suitable for coeliacs

Lace juicy beef meatballs with our Tex-Mex spice blend and you won't regret it! While the meatballs sizzle in the pan, prep the rest of the components for this fun dish, including a quick veggie 'rice' which is so full of flavour, you won't even miss the carbs.

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
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
cucumber	1	2
tomato	1	2
white wine vinegar*	drizzle	drizzle
garlic	2 cloves	4 cloves
carrot	1	2
mild chipotle sauce	1 packet	2 packets
light sour cream	1 medium packet	1 large packet
butter*	20g	40g
cauliflower rice	1 packet (250g)	1 packet (500g)
vegetable stock powder	1 medium sachet	1 large sachet
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2011kJ (481Cal)	377kJ (90Cal)
Protein (g)	34.3g	6.4g
Fat, total (g)	27.4g	5.1g
- saturated (g)	14.8g	2.8g
Carbohydrate (g)	21.1g	4g
- sugars (g)	16.5g	3.1g
Sodium (mg)	1441mg	270mg
Dietary Fibre (g)	7.1g	1.3g

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.



Prep the meatballs

SPICY! The spice blend is mild, but use less if you're sensitive to heat. In a medium bowl, combine **beef mince**, **Tex-Mex spice blend** and a pinch of **salt** and **pepper**. Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person). Transfer to a plate.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a bowl and cover to keep warm.



Make the salsa

While the meatballs are cooking, roughly chop **cucumber** and **tomato**. In a medium bowl, combine **cucumber**, **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Get prepped

Finely chop **garlic**. Grate the **carrot**. In a small bowl, combine **mild chipotle sauce** and **light sour cream**. Set aside.

TIP: The chipotle sauce is mild, but use less if you're sensitive to heat!



Cook the cauli-carrot rice

Wipe out frying pan, then return to high heat with the **butter** and a drizzle of **olive oil**. Cook **cauliflower rice**, **carrot**, **garlic** and **vegetable stock powder**, stirring, until tender and fragrant, **2-3 minutes**. Season with **pepper**.



Serve up

Divide cauli-carrot rice between bowls. Top with Mexican beef meatballs and cucumber salsa. Drizzle with chipotle sour cream. Tear over **herbs** to serve.

Enjoy!

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