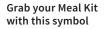


Cheesy Mexican Beef & Rice Bake with Sour Cream & Coriander

WINTER WARMERS

KID FRIENDLY















Tomato

Sweetcorn





Carrot

Beef Mince





Tex-Mex Spice Blend

Tomato Paste





Chicken-Style Stock Powder

Shredded Cheddar Cheese







Light Sour

Coriander



Prep in: 30-40 mins Ready in: 40-50 mins

Loaded with tomatoey, Tex-Mex-spiced beef and veggies, this is no ordinary rice bake. Grill until the cheese is gooey and golden and serve with some mandatory sour cream and fresh coriander.

Pantry items Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid \cdot Large frying pan \cdot Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	½ packet	1 packet
water* (for the beef)	½ cup	1 cup
chicken-style stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
coriander	1 bag	1 bag
diced bacon**	1 packet (90g)	1 packet (180g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3525kJ (842Cal)	703kJ (168Cal)
Protein (g)	42.6g	8.5g
Fat, total (g)	37.6g	7.5g
- saturated (g)	19.8g	3.9g
Carbohydrate (g)	80.5g	16.1g
- sugars (g)	15.3g	3.1g
Sodium (mg)	1448mg	289mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3936kJ (941Cal)	720kJ (172Cal)
Protein (g)	49.6g	9.1g
Fat, total (g)	43.8g	8g
- saturated (g)	22.2g	4.1g
Carbohydrate (g)	81.3g	14.9g
- sugars (g)	15.8g	2.9g
Sodium (mg)	1895mg	347mg

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.

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Cook the rice

- In a medium saucepan, melt the butter with a dash of olive oil over medium heat. Cook garlic paste until fragrant, 1-2 minutes.
- Add basmati rice, the water (for the rice) and a generous pinch of salt. Stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for 10 minutes, then remove from the heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Prep the veggies

- Meanwhile, cut tomato into bite-sized chunks.
 Drain sweetcorn. In a large frying pan, heat a drizzle of olive oil over high heat.
- Cook tomato and corn, tossing, until lightly browned, 4-5 minutes. Transfer to a medium howl
- Meanwhile, grate carrot.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Cook the beef

 Return frying pan to medium-high heat with a drizzle of olive oil. Cook beef mince and carrot, breaking up mince with a spoon, until browned,
 5-6 minutes.

TIP: For best results, drain the oil from the pan at the end of this step.

Custom Recipe: If you've added diced bacon, cook bacon with beef mince, breaking up with a spoon, until golden, 5-6 minutes.



Flavour the beef

- Add Tex-Mex spice blend and cook until fragrant, 1 minute.
- Add tomato paste (see ingredients), the water (for the beef) and chicken-style stock powder.
 Stir, then simmer until thickened, 2-3 minutes.



Finish the rice bake

- Preheat grill to high. To pan with the beef, add rice, tomato and corn, gently stirring to combine. Season with salt and pepper to taste. Transfer to a baking dish.
- Sprinkle with **shredded Cheddar cheese**. Grill until lightly golden, **6-8 minutes**.



Serve up

- Divide cheesy Mexican beef and rice bake between plates.
- Serve with a dollop of light sour cream. Tear over coriander. Enjoy!



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