



Cheesy Mexican Beef & Rice Bake

with Sour Cream & Coriander

WINTER WARMERS

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Tomato



Sweetcorn



Carrot



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Shredded Cheddar Cheese



Light Sour Cream



Coriander



Diced Bacon

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.

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

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 · Large frying pan · 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!



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**.



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 bowl.
- Meanwhile, grate **carrot**.

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



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**.



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.



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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