



Easy Mexican Beef Burrito Bowl

with Cauliflower Rice & Cucumber Salsa

Grab your Meal Kit with this symbol



Carrot



Avocado



Cucumber



Spring Onion



Cauliflower Rice



Vegetable Stock Powder



Beef Mince



Mexican Fiesta Spice Blend



Zesty Chilli Salt



Tomato Paste



Beef Strips

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

Carb Smart

Tonight's dinner will bring a zap of flavour to the table with beef seasoned in our Mexican Fiesta spice blend. Soften everything with a fluffy cauliflower rice and a cooling salsa. Your mouth will be watering before the meal is even served.

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

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
avocado	1	2
cucumber	1 (medium)	1 (large)
spring onion	1 stem	2 stems
white wine vinegar*	drizzle	drizzle
cauliflower rice	1 bag (250g)	1 bag (500g)
vegetable stock powder	1 medium sachet	1 large sachet
beef mince	1 small packet	2 small packets OR 1 large packet
Mexican Fiesta spice blend	1 sachet	1 sachet
zesty chilli salt	1 sachet	2 sachets
tomato paste	1 packet	2 packets
butter*	10g	20g
water*	½ cup	1 cup
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2594kJ (620Cal)	479kJ (114Cal)
Protein (g)	35.9g	6.6g
Fat, total (g)	42.7g	7.9g
- saturated (g)	15.1g	2.8g
Carbohydrate (g)	16.3g	3g
- sugars (g)	10.4g	1.9g
Sodium (mg)	1431mg	264mg
Dietary Fibre (g)	12.6g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2194kJ (524Cal)	405kJ (97Cal)
Protein (g)	36g	6.7g
Fat, total (g)	33.3g	6.2g
- saturated (g)	10.5g	1.9g
Carbohydrate (g)	16.3g	3g
- sugars (g)	10.4g	1.9g
Sodium (mg)	1430mg	264mg
Dietary fibre	12.6g	2.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2023 | CW44



1



Get prepped

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

Custom Recipe: If you've upgraded to beef strips, discard any liquid from beef strip packaging.

3



Cook the beef

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **carrot** and **beef mince**, breaking up mince with a spoon, until just browned, **3-4 minutes**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Reduce heat to medium, then add **Mexican Fiesta spice blend**, **zesty chilli salt**, **tomato paste** and the **butter**, and cook until fragrant, **1 minute**.
- Add the **water** and simmer until slightly thickened, **2-3 minutes**. Season to taste.

Custom Recipe: Heat the frying pan as above. When oil is hot, cook carrot and beef strips, tossing, until browned and cooked through, 1-2 minutes. Continue with step.

2



Cook the cauliflower rice

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **cauliflower rice** until softened, **2-4 minutes**.
- Add **vegetable stock powder** and cook, stirring, until combined, **1-2 minutes**.
- Season with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.

4



Serve up

- Divide cauliflower rice between bowls. Top with Mexican beef and cucumber salsa.
- Garnish with spring onion to serve. Enjoy!

Rate your recipe

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