



Beef Burrito Rice Bowl

with Avocado Crema & Charred Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Tomato



Herbs



Tex-Mex Spice Blend



Beef Strips



Avocado



Greek-Style Yoghurt



Shredded Cheddar Cheese

Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Butter

Hands-on: 20-30 mins
Ready in: 25-35 mins

Dig into a bowl of Tex-Mex delights! From tender and mildly spiced beef strips to a charred corn salsa and tasty garlic rice, this colourful meal gets a luscious avocado crema to bring the whole flavoursome feast together!

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

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| butter* | 20g | 40g |
| basmati rice | 1 packet | 1 packet |
| water* | 1½ cups | 3 cups |
| salt* | ¼ tsp | ½ tsp |
| sweetcorn | ½ tin | 1 tin |
| tomato | 1 | 2 |
| herbs | 1 bunch | 1 bunch |
| Tex-Mex spice blend | 1 sachet | 1 sachet |
| beef strips | 1 packet | 1 packet |
| avocado | ½ | 1 |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| shredded Cheddar cheese | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3751kJ (896Cal) | 760kJ (181Cal) |
| Protein (g) | 53.7g | 10.9g |
| Fat, total (g) | 40.7g | 8.2g |
| - saturated (g) | 17g | 3.4g |
| Carbohydrate (g) | 73.3g | 14.9g |
| - sugars (g) | 8.8g | 1.8g |
| Sodium (mg) | 1058mg | 214mg |

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **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 and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Get prepped

While the rice is cooking, drain the **sweetcorn** (see ingredients). Roughly chop the **tomato**. Roughly chop the **herbs**. In a large bowl, combine the **Tex-Mex spice blend**, remaining **garlic** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **beef strips** and toss to coat.



Make the corn salsa

Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl and allow to cool slightly. Add the **tomato** and **herbs** to the charred **corn**. Drizzle with **olive oil**, season to taste and toss to combine.

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



Make the avocado crema

Scoop out the flesh of the **avocado**. Transfer to a small bowl and mash with a fork. Add 1/2 the **Greek-style yoghurt** and stir to combine. Season to taste and set aside.

TIP: For a smoother crema, use a food processor or stick blender.



Cook the beef strips

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



Serve up

Divide the garlic rice between bowls. Top with the beef strips, charred corn salsa, avocado crema and the remaining yoghurt. Sprinkle with the **shredded Cheddar cheese**.

Enjoy!