



# American Beef Bowl & Smokey Corn Cobs

with Roasted Veggies & Sour Cream

Grab your Meal Kit with this symbol



Corn



Red Onion



Capsicum



Tomato



Garlic



Basmati Rice



Beef Strips



All-American Spice Blend



Tomato Paste



Coriander



Smoked Paprika



Sour Cream

Hands-on: **25-35 mins**  
 Ready in: **40-50 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

When you can't get no satisfaction, you need a hearty beef bowl just like this! With a rich tomato sauce flavoured with our All-American spice blend, plus roasted veggies and smokey corn cobs, it's truly got the lot.

### Pantry items

Olive Oil, 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 too.

### You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
red onion	1	2
capsicum	1	2
tomato	1	2
garlic	2 cloves	4 cloves
butter*	40g	80g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
beef strips	1 packet	1 packet
All-American spice blend	1 sachet	2 sachets
tomato paste	½ sachet	1 sachet
water* (for the sauce)	¼ cup	½ cup
coriander	1 bag	1 bag
smoked paprika	¼ sachet	½ sachet
sour cream	1 packet (100g)	1 packet (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3500kJ (835Cal)	599kJ (143Cal)
Protein (g)	40.8g	7.0g
Fat, total (g)	33.1g	5.7g
- saturated (g)	19.5g	3.3g
Carbohydrate (g)	88.4g	15.1g
- sugars (g)	17.5g	3.0g
Sodium (g)	854mg	146mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **corn** cob in half. Slice the **red onion** into 2cm wedges. Cut the **capsicum** into 1cm strips. Cut the **tomato** into 2cm chunks. Place the **corn, onion, capsicum** and **tomato** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast until soft and lightly charred, **20-25 minutes**.



## 4. Make the sauce

Return the frying pan to a medium heat with a **drizzle** of **olive oil**. Add the **All-American spice blend** and **tomato paste** (see ingredients list) and cook, stirring, until fragrant, **1 minute**. Add the **water (for the sauce)** and cook, stirring, until thickened, **1-2 minutes**. Remove from the heat, return the **beef strips** to the pan and toss to coat. Season to taste with **salt** and **pepper**. Transfer to a plate.



## 2. Cook the garlic rice

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt **1/2** the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **salt**, stir and 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!



## 5. Make the smokey corn cobs

Roughly chop the **coriander** and set aside. When the veggies have finished roasting, return the frying pan to a low heat and add the **smoked paprika** (**1/2 tsp for 2 people / 1 tsp for 4 people**). Cook, stirring, until fragrant, **1 minute**. Add the **remaining butter** and a **pinch** of **salt** and **pepper**. When the butter has melted, add the **corn** cobs to the pan and toss to coat.



## 3. Cook the beef

When the roasted veggies have **10 minutes** cook time remaining, heat a large frying pan with a **drizzle** of **olive oil** over a high heat. When the oil is hot, add **1/2** the **beef strips** and cook, stirring, until browned and cooked through, **1-2 minutes**. Transfer to a plate, cover to keep warm and repeat with the **remaining beef strips**.

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



## 6. Serve up

Divide the garlic rice between bowls. Top with the American beef, roasted vegetables, **sour cream** and coriander. Serve with the smokey corn cobs.

**Enjoy!**