



# AMERICAN BEEF & VEGGIE RICE BOWL

with Sour Cream & Cheddar



Make garlic rice!



Garlic



Basmati Rice



Red Capsicum



Zucchini



Corn



Beef Strips



All-American  
Spice Blend



Tomato



Coriander



Shredded Cheddar  
Cheese



Sour Cream

Hands-on: **25 mins**  
 Ready in: **30 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

A delicious medley of flavours on a fluffy bed of garlic-infused rice brings this colourful bowl to life. With spiced beef strips, stir-fried veggies and a fresh tomato salsa, every bite is a delight!

**Pantry Staples:** Olive Oil, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



### 1 COOK THE GARLIC RICE

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



### 4 COOK THE VEGGIES

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **capsicum, zucchini** and **corn** and cook, tossing, until softened, **5-6 minutes**. Add the **remaining garlic** and cook, tossing, until fragrant, **1 minute**. Season to taste with **salt** and **pepper**. Transfer to a second medium bowl and cover to keep warm.



### 2 GET PREPPED

While the rice is cooking, thinly slice the **red capsicum**. Thinly slice the **zucchini** into half-moons. Slice the **corn** kernels from the cob. In a medium bowl, combine the **beef strips** and **1 1/2 sachets of All-American spice blend**. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. **TIP:** *The spice blend is slightly spicy, add more if this is to your taste!*



### 5 COOK THE BEEF

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add **1/2 the beef strips** and cook until browned and cooked through, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**. **TIP:** *Cooking the meat in batches over a high heat helps it stay tender.*



### 3 MAKE THE SALSA

Finely chop the **tomato**. Roughly chop the **coriander**. In a small bowl, add the **tomato, coriander** and a **drizzle of olive oil**. Season with **salt** and **pepper** and toss to combine. Set aside.



### 6 SERVE UP

Divide the garlic rice between bowls and top with the American beef and veggies. Top with the tomato salsa, **Cheddar cheese** and a dollop of **sour cream**.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
butter*	40 g
basmati rice	2 packets
water*	3 cups
salt*	1/2 tsp
red capsicum	1
zucchini	1
corn	1
beef strips	1 packet
All-American spice blend	1 1/2 sachets
tomato	2
coriander	1 bag
shredded Cheddar cheese	1 packet (100 g)
sour cream	1 packet (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2460kJ (588Cal)	584kJ (140Cal)
Protein (g)	40.2g	9.5g
Fat, total (g)	28.0g	6.7g
- saturated (g)	16.6g	3.9g
Carbohydrate (g)	41.5g	9.8g
- sugars (g)	7.2g	1.7g
Sodium (g)	681mg	162mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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