



# Cheesy American Beef Chilli

with Lime Crema & Tomato Salsa

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Garlic



Lime



Carrot



Corn



Tomato



Spring Onion



Sour Cream



Beef Mince



All-American Spice Blend



Diced Tomatoes with Garlic & Olive Oil



Beef Stock



Shredded Cheddar Cheese

Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Gather round guys – it's chilli night! We're giving it a taste of the USA with our All-American spice blend and have included a solid array of veggies so you can feel good about digging into this flavourful feast.

### Pantry items

Olive Oil

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1	2
garlic	2 cloves	4 cloves
lime	½	1
carrot	1	2
corn	1 cob	2 cobs
tomato	1	2
spring onion	1 bunch	1 bunch
sour cream	1 packet (100g)	1 packet (200g)
beef mince	1 small packet	1 large packet
All-American spice blend	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 tin (400g)	2 tins (800g)
water* (for the sauce)	2 tbs	½ cup
beef stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3530kJ (844Cal)	447kJ (107Cal)
Protein (g)	46.4g	5.9g
Fat, total (g)	28.1g	3.6g
- saturated (g)	15.3g	1.9g
Carbohydrate (g)	95.2g	12.1g
- sugars (g)	25.1g	3.2g
Sodium (g)	1040mg	132mg

### Allergens

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



## 1. Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan 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 beef

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**. Add the **All-American spice blend** and cook until fragrant, **1 minute**.



## 2. Get prepped

While the rice is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Zest the **lime** (see ingredients list) to get a **generous pinch**. Grate the **carrot** (unpeeled). Slice the **corn** kernels from the cob. Finely chop the **tomato**. Thinly slice the **spring onion**. In a small bowl, combine the **tomato, spring onion, a squeeze of lime juice** and a **drizzle of olive oil**. Season to taste with **salt** and **pepper**. Toss to coat and set aside.



## 5. Make it saucy

Add the **carrot** and **corn** to the pan and cook until softened, **2-3 minutes**. Add the **diced tomatoes with garlic & olive oil** and **water (for the sauce)** and crumble in the **beef stock (1 cube for 2 people / 2 cubes for 4 people)**. Reduce the heat to medium-high and cook until reduced and thickened, **2-3 minutes**. Season to taste with **salt** and **pepper**.

**TIP:** *Add a dash of water if you prefer a looser chilli!*



## 3. Make the lime crema

In a small bowl, combine the **sour cream** and **lime zest**. Season to taste with **salt** and **pepper**. Set aside.



## 6. Serve up

Divide the rice between bowls and top with the American beef chilli and **shredded Cheddar cheese**. Top with a dollop of lime crema and scatter with the tomato salsa.

**Enjoy!**