



# Cheesy American Beef Chilli

with Basmati Rice & Lemon Crema

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Garlic



Lemon



Carrot



Sweetcorn



Tomato



Spring Onion



Greek Yoghurt



Beef Mince



All-American Spice Blend



Chopped Tomatoes



Beef Stock



Shredded Cheddar Cheese

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

Gather round everyone – 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

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
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
lemon	½	1
carrot	1	2
sweetcorn	½ tin	1 tin
tomato	1	2
spring onion	1 bunch	1 bunch
Greek yoghurt	1 packet (100g)	1 packet (175g)
beef mince	1 packet	1 packet
All-American spice blend	1 sachet	2 sachets
chopped tomatoes	1 tin	2 tins
water* (for the sauce)	2½ tbs	½ cup
beef stock	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3440kJ (822Cal)	429kJ (102Cal)
Protein (g)	47.8g	6.0g
Fat, total (g)	22.4g	2.8g
- saturated (g)	10.9g	1.4g
Carbohydrate (g)	100g	12.5g
- sugars (g)	26.5g	3.3g
Sodium (mg)	1510mg	189mg

### 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.



## 1. Cook the rice

In a medium saucepan, add the **water (for the rice)** 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!*



## 2. Get prepped

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



## 3. Make the lemon crema

In a small bowl, combine the **Greek yoghurt** and **lemon zest**. Season to taste with **salt and pepper**. Set aside.



## 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**.



## 5. Make the chilli

Add the **carrot** and **sweetcorn** to the frying pan and cook until softened, **2-3 minutes**. Add the **chopped tomatoes, water (for the sauce)** and **beef stock**. Reduce the heat to medium-high and cook until reduced and thickened slightly, **2-3 minutes**. Season to taste with **salt and pepper**.

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



## 6. Serve up

Divide the basmati rice between bowls and top with the American beef chilli, **shredded Cheddar cheese** and tomato salsa. Drizzle with the lemon crema and serve with any remaining lemon wedges.

**Enjoy!**