



Easy Creole-Style Beef & BBQ Slaw

with Sweetcorn Rice & Yoghurt

Grab your Meal Kit with this symbol



Sweetcorn



Basmati Rice



Slaw Mix



BBQ Mayonnaise



Beef Strips



Creole Spice Blend



Greek-Style Yoghurt



Coriander

Hands-on: **10-20** mins
Ready in: **25-35** mins

Dig into an easy bowl of Creole-inspired delights! From tender and mildly spiced beef strips to sweetcorn-studded rice and crunchy slaw, this colourful meal gets a creamy dollop of yoghurt to bring the whole flavoursome feast together, and in only 25 minutes!

Pantry items

Olive Oil, Butter, Honey

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
sweetcorn	½ tin	1 tin
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
slaw mix	1 bag (200g)	1 bag (400g)
BBQ mayonnaise	1 packet (50g)	1 packet (100g)
beef strips	1 packet	1 packet
Creole spice blend	1 sachet	1 sachet
honey*	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3455kJ (825Cal)	690kJ (164Cal)
Protein (g)	40.3g	8.1g
Fat, total (g)	37.2g	7.4g
- saturated (g)	12.4g	2.5g
Carbohydrate (g)	83.2g	16.6g
- sugars (g)	14.8g	3g
Sodium (mg)	1670mg	334mg

The quantities provided above are averages only.

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 rice

Drain the **sweetcorn** (see ingredients). In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **sweetcorn** until softened, **1 minute**. 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!



Cook the beef

When the rice has **5 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **beef strips**, tossing, until browned, **1-2 minutes**. Add the **Creole spice blend** and cook until fragrant, **1 minute**. Remove from the heat, then add the **honey** and a dash of **water** and toss to combine. Remove from the heat.



Toss the slaw

In a medium bowl, combine the **slaw mix** and **BBQ mayonnaise**. Season with **salt** and **pepper**.



Serve up

Divide the sweetcorn rice between bowls. Top with the Creole-style beef, BBQ slaw and **Greek-style yoghurt**. Tear over the **coriander**.

Enjoy!