



Tex-Mex Beef & Garlic Rice Bowl

with Spring Onion & Cheddar

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Baby Spinach Leaves



Spring Onion



Capsicum



Beef Strips



Tex-Mex Spice Blend



Chopped Tomatoes



Shredded Cheddar Cheese

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

Serve up the family-friendly flavours of Tex-Mex cuisine in a colourful and exciting bowl! With garlic-infused rice and a beef sauce loaded with bright capsicum, all topped off with a scattering of shredded Cheddar cheese, this bowl gets better with every bite.

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.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	6 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	½ tsp
tomato	2
baby spinach leaves	1 bag (60g)
spring onion	1 bunch
capsicum	1
beef strips	1 packet
Tex-Mex spice blend	2 sachets
chopped tomatoes	½ tin
shredded Cheddar cheese	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2810kJ (672Cal)	713kJ (170Cal)
Protein (g)	41.8g	10.6g
Fat, total (g)	23.6g	6.0g
- saturated (g)	13.7g	3.5g
Carbohydrate (g)	69.3g	17.6g
- sugars (g)	7.1g	1.8g
Sodium (g)	997mg	253mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) 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. Make 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 **2/3** of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **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!



2. Get prepped

SPICY! This is a mild spice blend, but if you or the kids are extra sensitive to heat, feel free to add less. While the rice is cooking, roughly chop the **tomato** and **baby spinach leaves**. Thinly slice the **spring onion**. Thinly slice the **capsicum**. In a medium bowl, combine the **beef strips**, a **generous drizzle** of **olive oil** and **1 sachet** of **Tex-Mex spice blend**. Toss to coat and set aside.



3. Make the salad

In a medium bowl, combine a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Add the **tomato**, **baby spinach** and **spring onion** and toss to combine. Set aside.



4. Cook the veggies & beef

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **capsicum** and cook until softened and slightly charred, **3-4 minutes**. Transfer to a medium bowl. 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 the bowl with the capsicum and repeat with the **remaining beef**.

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



5. Make it saucy

Return the frying pan to a medium-high heat with **1/2 tin** **chopped tomatoes**, the **remaining Tex-Mex spice blend** and the **remaining garlic**. Cook until thickened, **3-5 minutes**. Return the **beef** and charred **capsicum** to the pan and toss to coat.



6. Serve up

Divide the garlic rice, Tex-Mex beef and salad between bowls. Top with the **shredded Cheddar cheese**.

Enjoy!