



Tex-Mex Pulled Beef Burrito Bowl

with Charred Corn Salsa & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Carrot



Coriander



Sweetcorn



Tomato Paste



Tex-Mex Spice Blend



Pulled Beef



Shredded Cheddar Cheese

Hands-on: 20-30 mins
Ready in: 25-35 mins

You've tried pulled pork. How about giving our tender and tasty pulled beef a go! Start with garlic rice, add our mouth-watering, spiced beef and top it off with charred corn salsa. Now it's time to grab your sombrero, say "Hola!" and let the fiesta begin!

Our pulled beef is gently cooked while vacuum-sealed (or sous vide as the French say). The meat may look pale, but it's packed with flavour and moisture!

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 |
| garlic | 2 cloves | 4 cloves |
| butter* | 40g | 80g |
| basmati rice | 1 packet | 1 packet |
| water* (for the rice) | 1½ cups | 3 cups |
| salt* | ¼ tsp | ½ tsp |
| tomato | 1 | 2 |
| carrot | 1 | 2 |
| coriander | 1 bunch | 1 bunch |
| sweetcorn | ½ tin | 1 tin |
| tomato paste | ½ packet | 1 packet |
| Tex-Mex spice blend | 1 sachet | 1 sachet |
| water* (for the beef) | ½ cup | 1 cup |
| pulled beef | 1 packet | 1 packet |
| white wine vinegar* | 2 tsp | 4 tsp |
| shredded Cheddar cheese | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3170kJ (758Cal) | 671kJ (160Cal) |
| Protein (g) | 32.8g | 6.9g |
| Fat, total (g) | 32.3g | 6.8g |
| - saturated (g) | 19.1g | 4.1g |
| Carbohydrate (g) | 79.0g | 16.7g |
| - sugars (g) | 12.1g | 2.6g |
| Sodium (mg) | 1500mg | 316mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the garlic rice

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

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and cook until softened, **3-4 minutes**. Add the remaining **butter**, the **tomato paste** (see ingredients) and **Tex-Mex spice blend** and cook, stirring, until fragrant, **1-2 minutes**. Add the **water (for the beef)** and **pulled beef** and cook, breaking up with a spoon, until heated through, **2-3 minutes**. Season with **pepper**.



Get prepped

While the rice is cooking, finely chop the **tomato**. Grate the **carrot** (unpeeled). Roughly chop the **coriander**. Drain the **sweetcorn** (see ingredients).



Finish the salsa

Add the **tomato**, **coriander**, **white wine vinegar** and a drizzle of **olive oil** to the charred **corn**. Season with **salt** and **pepper** and toss to combine.



Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl and set aside.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

Divide the garlic rice between bowls and top with the Tex-Mex pulled beef. Serve with the charred corn salsa and sprinkle with the **shredded Cheddar cheese**.

Enjoy!