



# Cheeseburger Style Beef Rice Bowl

with Burger Sauce, Cheese and Salad

Family 25-35 Minutes • 2 of your 5 a day

2



Basmati Rice



Onion



Garlic Clove



Baby Cucumber



Mature Cheddar Cheese



Baby Gem Lettuce



Red Wine Vinegar



Beef Mince



Beef Stock Paste



Burger Sauce



Bacon Lardons

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil, Tomato Ketchup

**CUSTOM RECIPE**

If you chose to add or double up on protein, then just follow the instructions on the back of this card. Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, frying pan, grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	2	3	4
Baby Cucumber**	1	2	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Baby Gem Lettuce**	1	2	2
Red Wine Vinegar 14)	12ml	12ml	24ml
Beef Mince**	240g	360g	480g
Beef Stock Paste	10g	15g	20g
Burger Sauce 8) 9)	45g	60g	90g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1½ tsp	2¼ tsp	3 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	661g	100g	706g	100g
Energy (kJ/kcal)	3364 / 804	509 / 122	3851 / 921	546 / 130
Fat (g)	38.4	5.8	47.6	6.7
Sat. Fat (g)	13.3	2.0	16.1	2.3
Carbohydrate (g)	78.3	11.9	79.2	11.2
Sugars (g)	15.0	2.3	15.1	2.1
Protein (g)	39.5	6.0	47.1	6.7
Salt (g)	2.20	0.33	3.43	0.49


Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg 9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Fry the Mince

Once hot, add the **beef mince** to the pan and fry until browned, 5-6 mins.

Use a spoon to break it up as it cooks. Season with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.**

Once the **beef** is browned, drain and discard any excess fat. Add the **garlic** and fry for 1 min.

## CUSTOM RECIPE

If you're adding **bacon**, add it to the pan with the **mince**. Fry for the same amount of time, then continue as instructed. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook it thoroughly.**



## Get Prepped

Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Meanwhile, trim the **cucumber** and thinly slice into rounds. Grate the **cheese**.

Trim the **baby gem**, halve lengthways, then thinly slice.



## Bring on the Flavour

Add the **beef stock paste**, **water for the sauce** and **ketchup** (see pantry for both amounts) to the pan, then stir until combined.

Cook until the **sauce** has thickened, 2-4 mins, then remove from the heat.

Once everything's cooked, add the **baby gem** and **cucumber** to the bowl of **dressing** and toss to coat.



## Mix your Dressing

In a medium bowl, combine the **red wine vinegar**, **two thirds** of the **sugar** and the **olive oil for the dressing** (see pantry for both amounts). Set aside.

Once the **onion** is golden, add the remaining **sugar** and cook until caramelised, 1-2 mins more. Transfer to a small bowl and cover to keep warm.

Wipe out the (now empty) frying pan and return to medium-high heat (no oil).



## Serve Up

Fluff up the **rice** with a fork and divide between your bowls.

Spoon the **beef** over one side of the **rice** and add the **salad** to the other side. Top with the **caramelised onion**.

Sprinkle over the **cheese** and drizzle the **burger sauce** over the **beef** to finish.

## Enjoy!