



# Chipotle Beef Burrito Bowl

with Charred Corn, Avocado and Cheddar Cheese

Lunch 15-20 Minutes • Medium Spice • 2 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Beef Mince



Sweetcorn



Garlic Clove



Chipotle Paste



Tomato Puree



Beef Stock Paste



Avocado



Mature Cheddar Cheese



Steamed Basmati Rice

#### Pantry Items

Oil, Salt, Pepper, Honey, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Frying pan, sieve, garlic press, grater and bowl.

## Ingredients

Ingredients	Quantity
Beef Mince**	240g
Sweetcorn	160g
Garlic Clove**	1
Chipotle Paste	20g
Tomato Puree	60g
Beef Stock Paste	10g
Avocado	1
Mature Cheddar Cheese** 7)	60g
Steamed Basmati Rice	1

Pantry	Quantity
Honey*	1 tbsp
Water*	100ml
Mayonnaise*	2 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	541g 3923/938	100g 725/173
Fat (g)	58.9	10.9
Sat. Fat (g)	19.8	3.7
Carbohydrate (g)	23.3	4.3
Sugars (g)	16.2	3.0
Protein (g)	43.6	8.1
Salt (g)	2.50	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk

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.

## Contact

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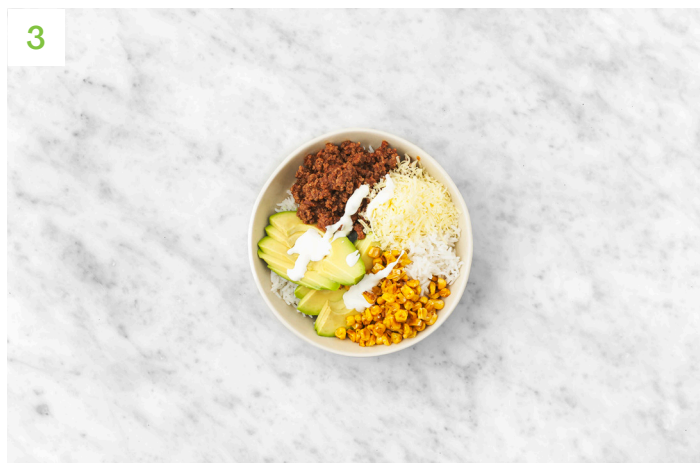
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2



3



## Into the Pan

**a)** Heat a large frying pan on medium-high heat (no oil).

**b)** Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. 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.

**c)** While the **beef** cooks, drain the **sweetcorn** in a sieve. Heat a drizzle of **oil** in a separate large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to be lightly charred.

## Prep the Toppings

**a)** While the **beef** and **corn** fry, peel and grate the **garlic** (or use a garlic press).

**b)** Once the **beef** has browned, add the **garlic**, **chipotle paste** (use less if you'd prefer things milder) and **tomato puree**. Stir-fry for 1 min until fragrant.

**c)** Stir through the **beef stock paste**, **honey** and **water for the sauce** (see pantry for both amounts). Simmer until the **sauce** has thickened, 2-3 mins.

## Assemble and Serve

**a)** Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into ½cm thick slices.

**b)** Grate the **cheese**.

**c)** Cook the **steamed basmati rice** according to packet instructions, then divide between 2 serving bowls.

**d)** Top the **rice** with the **chipotle beef**, **charred corn**, **avocado** and **cheese** in separate sections. Drizzle over the **mayo** (see pantry for amount) to finish.

Enjoy!