



Beef Chilli Burrito Bowl

with Tomato Salsa, Greek Style Natural Yoghurt and Cheese

Customised 20 Minutes • Mild Spice • 2 of your 5 a day

39A



Basmati Rice



British Beef Mince



Garlic Clove



Central American Style Spice Mix



Tomato Passata



Chicken Stock Paste



Medium Tomato



Mature Cheddar Cheese



Greek Style Natural Yoghurt



Chilli Flakes

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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

Kettle, saucepan, sieve, lid, frying pan, garlic press, bowl and grater.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
British Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Medium Tomato	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml
Sugar for the Salsa*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Salsa*	1 tbsp	½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	539g	100g
Energy (kJ/kcal)	3238 / 774	601 / 144
Fat (g)	34.8	6.5
Sat. Fat (g)	15.1	2.8
Carbohydrate (g)	80.5	14.9
Sugars (g)	13.8	2.6
Protein (g)	41.9	7.8
Salt (g)	2.38	0.44

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, mollusc, 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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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Time to Salsa

- Meanwhile, cut the **tomatoes** into 1cm chunks.
- Pop the **tomato chunks** into a small bowl with the **sugar** and **olive oil for the salsa** (see pantry for both amounts).
- Season with **salt** and **pepper**, mix together, then set your **salsa** aside.



Fry the Mince

- While the **rice** cooks, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince**, fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Season with salt and pepper.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



Cheese Please

- Grate the **Cheddar cheese**.



Add the Flavour

- Add the **garlic** and **Central American style spice mix** to the **beef**. Stir-fry until fragrant, 30 secs.
- Pour the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the pan. Stir together and bring to the boil, then reduce the heat.
- Simmer, stirring occasionally, until the **sauce** has thickened, 10-12 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**, then remove from the heat.



Assemble your Burrito Bowl

- When everything's ready, fluff up the **rice** with a fork and share between your bowls.
- Top with the **beef chilli**, **tomato salsa** and **Cheddar** in separate sections over the **rice**, then add a dollop of **Greek style yoghurt**.
- Finish with a sprinkle of **chilli flakes** for those who'd like some more heat (add less if you'd prefer things milder).

Enjoy!