



Super Quick Cajun Beef Bowl

with Avocado, Soured Cream and Crispy Onions

Super Quick 15 Minutes • **Mild Spice** • 1 of your 5 a day

8



Basmati Rice



British Beef Mince



Cajun Spice Mix



Avocado



Tomato Puree



Vegetable Stock Paste



Crispy Onions



Soured Cream



Unconventional Plant-Based Burgers

Pantry Items

Oil, Salt, Pepper, Honey

Make it Vegetarian

If you chose to make this recipe veggie, 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. Ingredients in **red** are hot!

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
British Beef Mince**	240g	360g	480g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Avocado	1	2	2
Tomato Puree	30g	45g	60g
Vegetable Stock Paste 10)	10g	15g	20g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets
Soured Cream** 7)	75g	150g	150g
Unconventional Plant-Based Burgers** 11)	2	4	4
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water*	125ml	175ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	407g	100g	377g	100g
Energy (kJ/kcal)	3537 / 845	870 / 208	3240 / 774	860 / 206
Fat (g)	45.5	11.2	38.7	10.3
Sat. Fat (g)	17.4	4.3	14.3	3.8
Carbohydrate (g)	75.2	18.5	81.5	21.6
Sugars (g)	11.3	2.8	11.7	3.1
Protein (g)	36.8	9.1	24.0	6.4
Salt (g)	1.71	0.42	2.64	0.70

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

Allergens

7) Milk **10)** Celery **11)** Soya **13)** Cereals containing gluten

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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1



Quick Prep

- Boil a half-full kettle. Pour it into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.

2



Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **beef mince** and **Cajun spice mix** (add less if you'd prefer things milder), 5-6 mins. Break up the **mince** as it cooks.
- Meanwhile, cut the **avocado** into chunks.

Make it Vegetarian

If you've chosen the veggie version, heat a large frying pan on medium-high heat with a drizzle of **oil**. Cook the **plant-based burgers** for the same amount of time. Use a spoon to mash the **burgers** into a mince-like texture as they cook.

IMPORTANT: Ensure they're piping hot throughout.

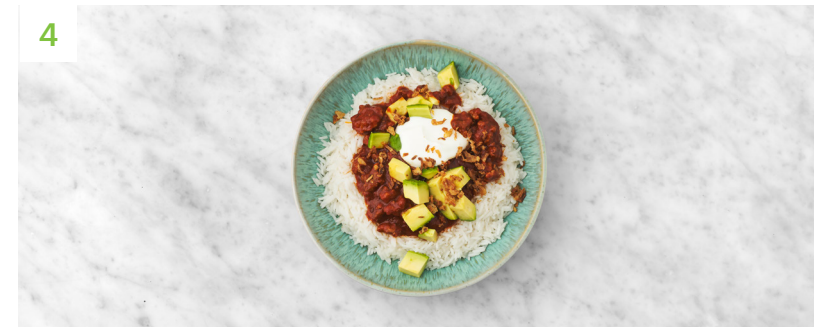
3



Flavour Time

- Drain the fat from the **mince**. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Next, stir in the **tomato puree**, **veg stock paste**, **honey** and **water** (see pantry for both).
- Simmer, 3-4 mins.

4



Dinner's Ready!

- Share the **rice** between bowls and spoon over the **Cajun beef**.
- Top with the **avocado**.
- Sprinkle over the **crispy onions** and drizzle with **soured cream**.

Enjoy!