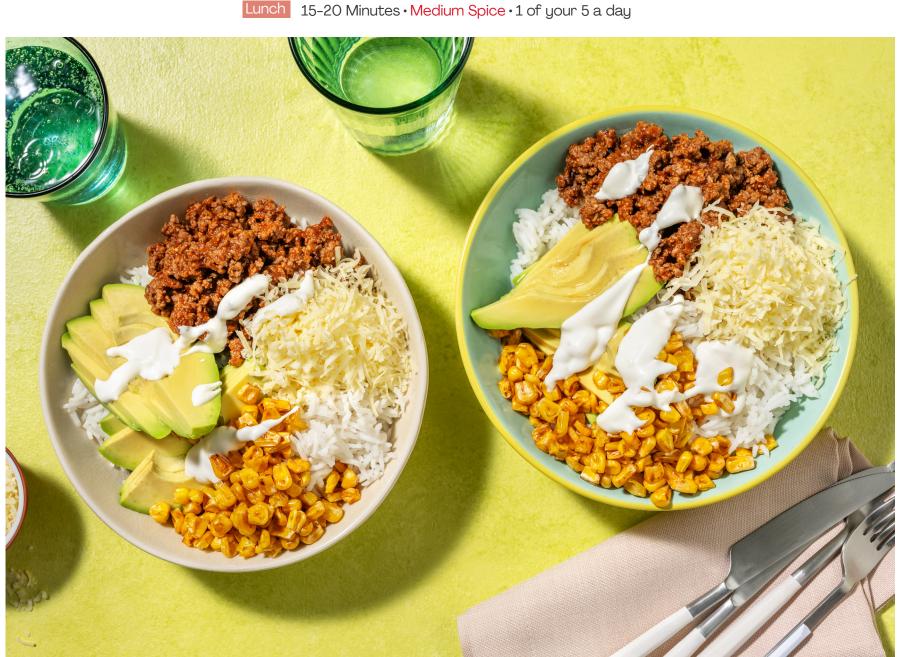


Chipotle Beef and Charred Corn Burrito Bowl

with Quick Rice, Avocado and Cheddar Cheese

45.00 Minutes Madines Onice 4 of court fields









British Beef Mince

Sweetcori





Garlic Clove

Chipotle Paste





Tomato Puree

Beef Stock Paste





Avocado

Mature Cheddar



Steamed Basmati Rice

Dasillati 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

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Ingredients	Quantity	
British 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	Fridae		

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	541g	100g
Energy (kJ/kcal)	3923 /938	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, 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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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.

Hey Chipotle

- 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!