



Super Quick Beef & Pork Cheeseburger Inspired Rice Bowl with Burger Sauce Slaw, Cheese and Crispy Onions

8

Super Quick 15 Minutes



Basmati Rice



British Beef and Pork Mince



Mature Cheddar Cheese



Burger Sauce



Coleslaw Mix



Tomato Puree



Central American Style Spice Mix



Beef Stock Paste



Crispy Onions

Pantry Items

Oil, Salt, Pepper, Sugar, Tomato Ketchup

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, frying pan, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
British Beef and Pork Mince**	240g	360g	480g
Mature Cheddar Cheese** 7)	30g	40g	60g
Burger Sauce 8) 9)	45g	75g	90g
Coleslaw Mix**	120g	180g	240g
Tomato Puree	30g	45g	60g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Beef Stock Paste	10g	15g	20g
Crispy Onions 13)	1 sachet	1½ sachets	2 sachets
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
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
for uncooked ingredient	391g	100g
Energy (kJ/kcal)	3482 / 832	891 / 213
Fat (g)	41.1	10.5
Sat. Fat (g)	12.2	3.1
Carbohydrate (g)	78.2	20.0
Sugars (g)	13.9	3.6
Protein (g)	36.5	9.4
Salt (g)	2.79	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

7) Milk 8) Egg 9) Mustard 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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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.
- Meanwhile, heat a frying pan on medium-high heat.



Finishing Touches

- Drain the fat from the **mince**. Season with **salt** and **pepper**.
- Add the **tomato puree**, **Central American style spice mix**, **beef stock paste**, **sugar**, **water** and **ketchup** (see pantry for all).
- Simmer for 2-3 mins.
- Add a splash of **water** if it's too thick. Taste and season with **salt** and **pepper** if needed.



Get Frying

- Once hot, fry the **beef and pork mince**, 5-6 mins. Break up the **mince** as it cooks. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Meanwhile, grate the **cheese**.
- In a bowl, mix together the **burger sauce** and **coleslaw mix**. Season with **salt** and **pepper**.



Dinner's Ready!

- Share your **rice** between bowls.
- Top with the **spiced mince** and **coleslaw**.
- Sprinkle the **cheese** and **crispy onions** all over.

Enjoy!