



Cheeseburger Style Beef Rice Bowl

with Burger Sauce, Cheese and Salad

Family 25-35 Minutes • 2 of your 5 a day

2



Garlic Clove



Basmati Rice



Onion



Medium Tomato



Mature Cheddar
Cheese



Baby Gem
Lettuce



Cider Vinegar



Beef Mince



Beef Stock
Paste



Burger Sauce

Pantry Items

Oil, Salt, Pepper, Butter, Olive Oil, 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.

Cooking tools

Garlic press, saucepan, lid, frying pan, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Medium Tomato	1	2	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Baby Gem Lettuce**	1	2	2
Cider Vinegar 14)	15ml	15ml	30ml
Beef Mince**	240g	360g	480g
Beef Stock Paste	10g	15g	20g
Burger Sauce 8) 9)	45g	60g	90g

Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1½ tsp	2¼ tsp	3 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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	452g 3667/876	100g 811/194
Fat (g)	46.4	10.3
Sat. Fat (g)	18.4	4.1
Carbohydrate (g)	77.4	17.1
Sugars (g)	15.5	3.4
Protein (g)	39.3	8.7
Salt (g)	2.40	0.53

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

Allergens

7) Milk 8) Egg 9) Mustard 14) Sulphites

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, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Cook the Garlic Rice

Peel and grate the **garlic** (or use a garlic press). Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount). When hot, add **half** the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min.

Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Fry the Mince

Wipe out the (now empty) frying pan and return to medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins.

Use a spoon to break it up as it cooks. 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.*



Get Prepped

In the meantime, halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Meanwhile, cut the **tomato** into 2cm chunks. Grate the **cheese**.

Trim the **baby gem**, halve lengthways, then thinly slice. Set aside for later.



Bring on the Flavour

Once the **beef mince** is browned, drain and discard any excess fat. Add the remaining **garlic** and fry for 1 min.

Add the **beef stock paste**, **water for the sauce** and **ketchup** (see pantry for both amounts) to the pan, then stir until combined.

Cook until the **beef** is glazed and the **sauce** has thickened, 2-4 mins, then remove from the heat.

Once everything's cooked, add the **baby gem** to the bowl of **tomatoes** and toss to coat in the **dressing**.



Mix your Dressing

In a medium bowl, combine the **cider vinegar**, **olive oil for the dressing** and **two thirds** of the **sugar** (see pantry for both amounts). Stir in the **tomatoes** and set aside to macerate.

Once the **onions** are golden, add the remaining **sugar** and cook until caramelised, 1-2 mins more. Transfer to a small bowl and cover to keep warm.



Serve Up

Fluff up the **rice** with a fork and divide between your bowls.

Spoon the **beef** over one half of the **rice** and add the **salad** over the other **half**. Top with the **caramelised onions**.

Sprinkle with the **grated Cheddar** and drizzle over the **burger sauce** to finish.

Enjoy!