

for the
little onesSliced
CucumberCORN &
tomatoBeef, Rice & CORN
Patties with Dip

taco Bowl



25 Minutes



4 Servings



Beef

A fiesta in a bowl! Mexican spiced beef on a bed of rice with tomatoes, crunchy cucumber and corn, finished with a blended avocado sauce!

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FROM YOUR BOX

BASMATI RICE	300g
BEEF MINCE	600g
TOMATO PASTE	1 sachet
TOMATOES	2
LEBANESE CUCUMBERS	2
CORN COB	1
SOUR CREAM	1 tub
AVOCADO	1
LIME	1

FROM YOUR PANTRY

salt, pepper, smoked paprika, ground cumin

COOKING TOOLS

saucepan, large frypan, stick mixer

You can serve all the ingredients wrapped in a burrito! For a warmer meal, cook the beef with tomatoes and corn. Add chopped tomatoes and beans to make a chilli con carne served over rice.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK the Rice

Place rice in a saucepan, cover with **600ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

tip Use a rice cooker if you have one!



4. BLEND the avocado Sauce

Place sour cream and diced avocado in a jug (for blending) with juice from 1/2 lime. Blend using a stick mixer until smooth. Season with **salt and pepper** to taste.

tip Leave the sour cream plain and dice the avocado if your family prefer!



2. COOK the Beef

Heat a frypan over medium-high heat. Add beef and cook for 5-7 minutes. Season with **1-2 tbsp smoked paprika, 1-2 tbsp cumin, salt and pepper**. Stir in tomato paste and **1/3 cup water**. Cook for a further 2-3 minutes.

tip We used 1 1/2 tbsp of each spice, but start with 1 tbsp if you have young children.



5. FINISH AND SERVE

Divide rice among bowls. Top with even amounts of beef and toppings. Finish with a dollop of avocado sauce and serve with remaining lime cut into wedges.

tip Add any other toppings of choice such as capsicum, cheese, or black beans!



3. PREPARE the TOPPINGS

In the meantime, dice tomatoes and cucumbers. Remove corn from cob.

tip Cut the corn into cobs and blanch to serve on the side if you prefer!