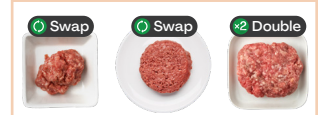




Cheesy BBQ Beef Bowls

with Buttery Charred Corn and Rice

Family Friendly 30-40 Minutes



Ground Turkey 250 g | 500 g
 Beyond Meat® 2 | 4
 Ground Beef 500 g | 1000 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Ground Beef
250 g | 500 g



BBQ Seasoning
1 tbsp | 2 tbsp



BBQ Sauce
4 tbsp | 8 tbsp



Parboiled Rice
¾ cup | 1 ½ cups



Green Onion
1 | 2



Corn Kernels
113 g | 227 g



Tomato
1 | 2



Cheddar Cheese, shredded
½ cup | 1 cup



Garlic Salt
1 tsp | 2 tsp



Ranch Dressing
2 tbsp | 4 tbsp



Spring Mix
56 g | 113 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, pepper, unsalted butter

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels

1



Cook rice

• Before starting, wash and dry all produce.

- Add **rice**, $\frac{3}{4}$ **tsp** (1 $\frac{1}{2}$ **tsp**) **garlic salt** and **1 $\frac{1}{4}$ cups** (2 $\frac{1}{2}$ **cups**) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 16-18 min.
- Remove from heat. Set aside, still covered.

2



Char corn

- Meanwhile, heat a large non-stick pan over medium-high heat.
- Pat **corn** dry with paper towels.
- When hot, add **corn** to the dry pan. Cook, stirring occasionally, until dark brown in spots, 5-6 min.
- Transfer **charred corn** to a plate.

3



Prep

- Meanwhile, cut **tomato** into $\frac{1}{2}$ -inch pieces.
- Thinly slice **green onion**.

4



Cook beef

 **Swap** | **Ground Turkey**

 **Swap** | **Beyond Meat®**

 **Double** | **Ground Beef**

- When **corn** is done, return the pan to medium-high.
- Add **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat, if desired.
- Add **green onions** and **BBQ Seasoning**, then season with **pepper** and **remaining garlic salt**.
- Cook, stirring often, until fragrant, 30 sec.

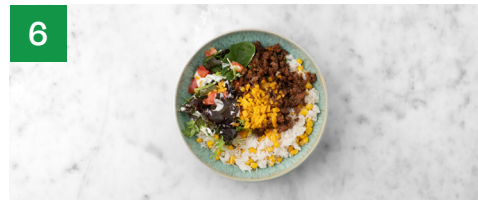
5



Finish beef and salad

- Add **BBQ sauce** to the pan, then stir until **beef** is coated, 30 sec. Remove from heat.
- Add **tomatoes**, **spring mix** and **half the cheddar** to a large bowl.
- Drizzle **ranch dressing** over top, then toss to combine.
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Add **corn** and **2 tbsp** (4 **tbsp**) **butter** to the pot with **rice**, then fluff with a fork until **butter** melts.
- Divide **corn** and **rice** between bowls. Top with **beef** and **salad**.
- Sprinkle **remaining cheddar** over top.

Measurements within steps

1 tbsp (2 **tbsp**) **oil**
2 person 4 person Ingredient

4 | Cook turkey

 **Swap** | **Ground Turkey**

If you've opted to get **turkey**, add **1 tbsp** (2 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.**

4 | Cook Beyond Meat®

 **Swap** | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.** Disregard instructions to drain excess fat.

4 | Cook beef

 **Double** | **Ground Beef**

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 74°C/165°F.