



Cheesy BBQ Beef Bowls

with Buttery Charred Corn and Rice

Family Friendly 25-35 Minutes

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](https://www.hellofresh.ca)



 <p>Chorizo Sausage, uncooked 250 g 500 g</p>	 <p>Plant-Based Protein Shreds 200 g 400 g</p>
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 <p>Ground Beef 250 g 500 g</p>	 <p>BBQ Seasoning 1 tbsp 2 tbsp</p>
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 <p>BBQ Sauce 4 tbsp 8 tbsp</p>	 <p>Parboiled Rice ¾ cup 1 ½ cups</p>
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 <p>Green Onion 1 2</p>	 <p>Corn Kernels 113 g 227 g</p>
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 <p>Tomato 1 2</p>	 <p>Cheddar Cheese, shredded ½ cup 1 cup</p>
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 <p>Garlic Salt 1 tsp 2 tsp</p>	 <p>Ranch Dressing 2 tbsp 4 tbsp</p>
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 <p>Spring Mix 56 g 113 g</p>
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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 | Unsalted butter, pepper, salt

Cooking utensils | Measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, 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 | Chorizo Sausage](#)

[Swap | Protein Shreds](#)

- 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 chorizo

[Swap | Chorizo Sausage](#)

If you've opted to get **chorizo**, cook and plate it in the same way the recipe instructs you to cook and plate the **beef****

4 | Cook protein shreds

[Swap | Protein Shreds](#)

If you've opted to get **protein shreds**, cook and plate it the same way as the **beef**, tossing occasionally until cooked through, 6-8 min.** Disregard instructions to drain excess fat.

** Cook beef, sausage and protein shreds to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.