



# Cheesy BBQ Beef Bowls

with Buttery Charred Corn and Rice

Family Friendly 25-35 Minutes



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



Ground Beef



Ground Turkey



BBQ Seasoning



BBQ Sauce



Parboiled Rice



Green Onion



Corn Kernels



Tomato



Cheddar Cheese,  
shredded



Garlic Salt



Ranch Dressing



Spring Mix

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO BBQ SAUCE

*This sauce is the perfect blend of sweet, savoury and smoky!*

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Medium pot, large bowl, measuring cups, large non-stick pan, paper towels, measuring spoons

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	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
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		

\* Pantry items

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

## 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.*

1



### Cook rice

- Add **rice**, **¾ tsp** (1 ½ tsp) **garlic salt** and **1 ¼ cups** (2 ½ 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.

4



### Cook 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.

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**, disregarding instructions to drain fat.\*\*

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. Char, stirring occasionally, until **corn** is dark-brown in spots, 5-6 min.
- Transfer **corn** to a plate.

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 coat. Season with **salt** and **pepper**, to taste.

3



### Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Thinly slice **green onion**.

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.

## Dinner Solved!



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