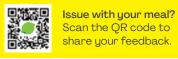


Cheesy BBQ Beef Bowls

with Buttery Charred Corn and Rice

Family Friendly 25-35 Minutes









BBQ Seasoning







Parboiled Rice







Tomato

Green Onion

Corn Kernels





Cheddar Cheese, shredded



Ranch Dressing



Garlic Salt

Spring Mix



Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

Ingredient

Bust out

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

Ingredients

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	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.



Cook rice

- Add rice, 3/4 tsp (1 1/2 tsp) garlic salt and 1 1/4 cups (2 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.



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.



Prep

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



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.**



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.



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!