

DINNERLY



Smokey Beef and Rice with Yoghurt, Coriander and Corn



20-30 minutes



2 Servings

Love BBQ? Bring those delicious smoky flavours to your midweek dinner table with this tasty combo of charred corn, barbeque beef and caramelised onion.

WHAT WE SEND

- BBQ beef mince
- 1 corn cob
- 1 red onion
- 100g Greek-style yoghurt ⁷
- 150g jasmine rice
- coriander

WHAT YOU NEED

- barbecue sauce
- garlic clove
- olive oil
- sea salt and pepper
- water

TOOLS

- medium frypan
- sieve
- small saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7). May contain traces of other allergens.

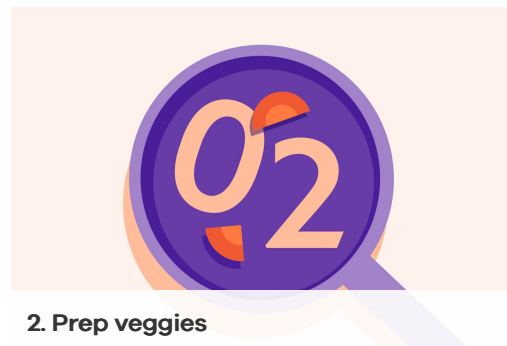
NUTRITION PER SERVING

Energy 760kcal, Fat 26.2g, Carbs 81.5g, Proteins 45.3g



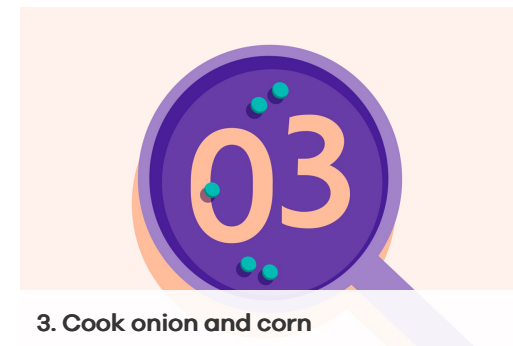
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep veggies

Meanwhile, remove the husks and silks from the **corn**, then cut the cob in half. Finely chop the **coriander** leaves and stems, keeping them separate. Slice the **onion** into rings. Crush or finely chop **1 garlic clove**.



3. Cook onion and corn

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **onion** on one side of the pan, stirring, for 3-4 mins until golden and softened. Cook the **corn cobs** on the other side of the pan, turning occasionally, for 7-8 mins until slightly charred and tender. Remove from the pan and keep warm.



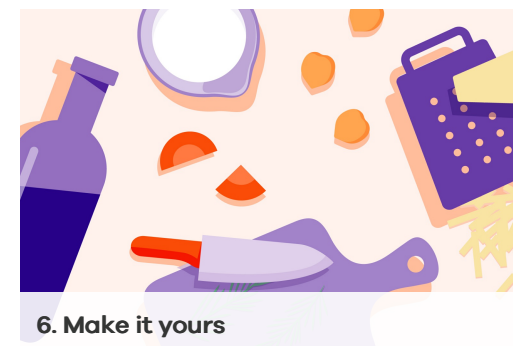
4. Cook smokey beef

Heat **2 tsp olive oil** in the pan over medium-high heat. Cook the **garlic** and **beef mince**, breaking up the lumps with a wooden spoon, for 4-5 mins until golden. Increase the heat to high, add **1 tbs tomato paste** and cook, stirring, for 1 min, then stir in the **chopped coriander stems**. Remove from the heat and season with **salt and pepper**.



5. Serve up

Combine the **yoghurt** with **half the chopped coriander leaves** and season with **salt and pepper**. Fluff the **rice** with a fork, then stir through the **remaining coriander**. Divide the **coriander rice**, **smokey beef**, **onion** and **corn** among plates, drizzle with the **yoghurt sauce** and enjoy.



6. Make it yours

Need dinner on the go? Remove the kernels from the corn, then wrap the entire dish in large tortillas. Instant burrito!