

DINNERLY



Beef Taco Skillet with Brown Rice & Cheese



20-30min



2 Servings

Put the plates away, because you'll want to dive straight into this skillet full of cheesy rice and taco-spiced beef. Sounds like quite a workout? Don't worry, you won't even break a sweat before this meal comes together practically by itself. We've got you covered!

WHAT WE SEND

- 5 oz quick-cooking brown rice
- 10 oz pkg grass-fed ground beef
- ¼ oz taco seasoning
- ¼ oz granulated garlic
- 5 oz corn
- 2 oz shredded cheddar-jack blend ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- butter ⁷
- all-purpose flour ¹
- 1 cup milk ⁷
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- small saucepan
- medium ovenproof skillet

ALLERGENS

Wheat (1), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

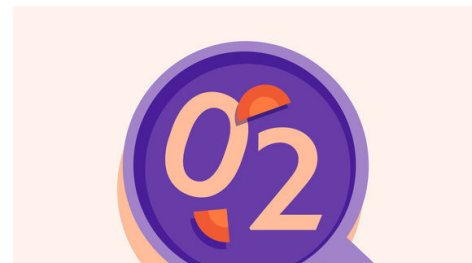
Calories 970kcal, Fat 44g, Carbs 82g, Protein 48g



1. Cook rice

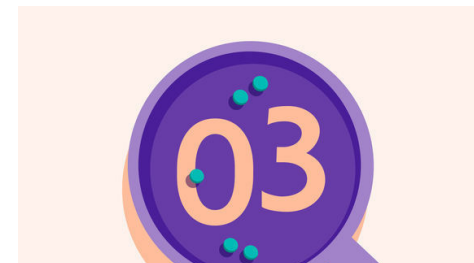
Preheat broiler with a rack in the top position.

Bring a medium saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan and keep covered off heat until step 4.



2. Make bechamel sauce

While rice cooks, melt **1 tablespoon butter** in a medium ovenproof skillet over medium. Sprinkle in **1½ tablespoons flour**; cook, whisking, until smooth, about 1 minute. Stir in **1 cup milk**, whisking constantly, until **bechamel** is smooth and thickened, 2–4 minutes. Transfer to a bowl; cover to keep warm until step 4 (sauce will thicken as it sits). Rinse and dry skillet.



3. Make beef taco filling

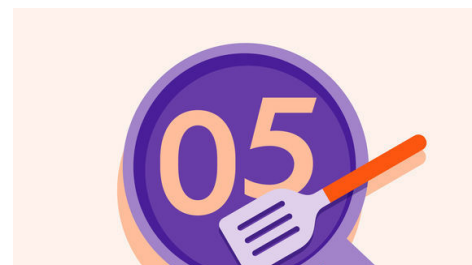
Heat **1 tablespoon oil** in same skillet over medium-high. Add **beef**, **taco seasoning**, and **½ teaspoon granulated garlic**; cook, breaking up meat into smaller pieces, until cooked through, 3–4 minutes. Stir in **corn**, **1 teaspoon vinegar**, and **½ cup water**; cook until corn is tender, about 2 minutes.



4. Assemble & broil

Fluff **rice** with a fork, then stir in **bechamel sauce**; season to taste with **salt** and **pepper**. Spoon **rice** over **beef** in skillet, then sprinkle with **cheese**.

Broil on top oven rack until cheese is melted and golden, 1–3 minutes (watch closely as broilers vary).



5. Serve

Serve **beef taco skillet** with **cheesy rice**. Enjoy!



6. Did you know?

After we made the switch to becoming a paperless company at our US and Australian sites, we avoided 2.6 million sheets of paper waste in 2020. As we implement this in all our sites globally, we'll save more than 6 million sheets of paper per year.