



Al Pastor-Inspired Rice Bowls

with Plant-Based Protein, Pineapple and Pickled Shallots

Veggie 30 Minutes



Plant-Based Burger Patty



Basmati Rice



Sweet Bell Pepper



Pineapple



Roma Tomato



Shallot



Cilantro



Lime



White Wine Vinegar



Garlic Puree



Enchilda Spice Blend



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HELLO ENCHILADA SPICE BLEND

This savoury blend combines warming spices with aromatic onion and garlic!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, medium pot, small pot, small bowl, measuring cups, large non-stick pan, zester

Ingredients

| | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Plant-Based Burger Patty | 2 | 4 |
| Basmati Rice | ¾ cup | 1 ½ cups |
| Sweet Bell Pepper | 160 g | 320 g |
| Pineapple | 95 g | 190 g |
| Roma Tomato | 80 g | 160 g |
| Shallot | 50 g | 100 g |
| Cilantro | 7 g | 14 g |
| Lime | 1 | 1 |
| White Wine Vinegar | 2 tbsp | 4 tbsp |
| Garlic Puree | 1 tbsp | 2 tbsp |
| Enchilada Spice Blend | 1 tbsp | 2 tbsp |
| Sugar* | 2 tsp | 4 tsp |
| Butter* | 1 tbsp | 2 tbsp |
| Oil* | | |
| 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.

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Cook rice

- Add **garlic puree**, **1 ¼ cups water**, **1 tbsp butter** and **¼ tsp salt** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Make salsa

- Add **tomatoes**, **half the cilantro** and **½ tsp lime juice** (dbl for 4 ppl) to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.



Pickle shallots

- Meanwhile, peel, then cut **shallot** into ⅛-inch slices.
- Add **shallots**, **vinegar**, **2 tbsp water** and **2 tsp sugar** (dbl both for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove the pot from heat. Transfer **shallots**, including **liquid**, to a small bowl.
- Place in the fridge to cool.



Cook 'al pastor' mix

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pineapple**. Cook, stirring often, until **pineapple** begins to soften and is lightly charred, 2-3 min. Remove from heat. Transfer **pineapple** to a plate, then carefully wipe the pan clean.
- Return the pan to medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **plant-based patties** and **peppers**. Season with **salt** and **pepper**. Cook, breaking up **patties** into smaller pieces, until **peppers** are tender-crisp and lightly charred, 4-5 min.**
- Add **pineapple**, **Enchilada Spice Blend** and **4 tbsp water** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1 min.



Prep

- Meanwhile, zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Roughly chop **cilantro**.
- Core, then cut **pepper** into ½ -inch pieces.
- Cut **pineapple** into ½ -inch pieces.
- Cut **tomato** into ½ -inch pieces



Finish and serve

- Drain **shallots**, discarding pickling liquid.
- Fluff **rice** with a fork, then stir in **lime zest** and **remaining cilantro**.
- Divide **rice** between bowls. Top with **'al pastor' mix**, then **tomato salsa** and **pickled shallots**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!