



Beef Taco Bowls

with DIY Salsa and Pepper Side Salad

Family Friendly 30 Minutes



Ground Beef



Flour Tortillas



Sweet Bell Pepper



Roma Tomato



Spring Mix



Lime



Green Onion



Mexican Seasoning



Sour Cream



Cheddar Cheese, shredded

HELLO MUFFIN TINS

Muffin tins create the perfect mould to shape tortillas into bowls!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Bust out

2 Muffin tins, medium bowl, measuring spoons, silicone brush, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Flour Tortillas	6	12
Sweet Bell Pepper	160 g	320 g
Roma Tomato	80 g	160 g
Spring Mix	56 g	113 g
Lime	1	2
Green Onion	2	4
Mexican Seasoning	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Sugar*	¼ tsp	½ tsp
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.

Contact

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Make tortilla bowls

- Wrap **tortillas** in paper towels. Microwave until warm and flexible, 1 min. Lightly brush **tortillas** with **2 tsp oil** (dbl for 4 ppl).
- Flip two muffin tins upside-down (3 tins for 4 ppl). Nestle **tortillas** between muffin cups to form bowls, arranging **3 tortillas** on each tin (4 tortillas on each tin for 4 ppl).
- Bake in the **middle** of the oven, rotating halfway through, until **tortilla bowls** are firm and edges begin to brown, 7-9 min. (**NOTE:** For 4 ppl, bake in the top and middle of the oven, rotating tins halfway through.)
- Carefully remove **tortillas bowls** from tins, then divide between plates to cool slightly.



Cook beef filling

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 5-6 min. **
- Carefully drain and discard excess fat.
- Add **Mexican Seasoning** and **¼ cup water** (dbl for 4 ppl). Cook, stirring often, until **beef** is coated, 30 sec.
- Remove the pan from heat. Season **filling** with **salt** and **pepper**, to taste. Cover to keep warm.



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Thinly slice **green onions**.
- Juice **half the lime**. Cut **remaining lime** into wedges.
- Cut **tomato** into ¼-inch pieces.



Make salad

- Add **remaining lime juice** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix**, **remaining peppers** and **remaining green onions**, then toss to combine. (**TIP:** Squeeze a lime wedge over salad, if desired!)



Make salsa

- Add **tomatoes**, **half the peppers**, **half the green onions**, **¼ tsp sugar**, **½ tbsp lime juice** and **½ tbsp oil** (dbl all for 4 ppl) to a medium bowl.
- Season with **salt** and **pepper**, to taste, then stir to combine.



Finish and serve

- Divide **beef filling** between **tortilla bowls**. Top with **salsa**, **sour cream** and **cheese**.
- Squeeze a **lime wedge** over top, if desired.
- Serve **salad** alongside.

Dinner Solved!