



Carb Smart Beef Taco Salad Bowls

with Avocado Salsa and Creamy Lime Dressing

Carb Smart

Spicy

25 Minutes



Ground Beef



Avocado



Baby Tomatoes



Lime



Green Onions



Sweet Bell Pepper



Sour Cream



Mexican Seasoning



Cheddar Cheese, shredded



Spring Mix



Chipotle Powder

HELLO AVOCADO

Keep hard avocados near bananas to speed up their ripening!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 2:

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Medium bowl, measuring spoons, zester, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Avocado	1	2
Baby Tomatoes	113 g	227 g
Lime	1	2
Green Onions	2	4
Sweet Bell Pepper	160 g	320 g
Sour Cream	3 tbsp	6 tbsp
Mexican Seasoning	1 tbsp	2 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Spring Mix	113 g	227 g
Chipotle Powder 🌶️	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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1 Prep

Core, then cut **pepper** into ½-inch pieces. Halve **tomatoes**. Thinly slice **green onions**. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Peel, pit, then cut **avocado** into ½-inch pieces. Add **avocados** to a medium bowl. Squeeze a **lime wedge** or two over **avocados**, then toss to coat.



4 Make creamy lime dressing

Add **sour cream**, **lime zest**, **half the lime juice** and **1 tbsp water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



2 Cook beef

Heat a large non-stick pan over medium-high heat. When hot, add **beef** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard excess fat. Add **Mexican Seasoning** and **¼ tsp chipotle powder**. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 30 sec. Remove the pan from heat. Season with **salt** and **pepper**, then stir to combine.



5 Dress greens

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**, then toss to coat.



3 Make avocado salsa

While **beef** cooks, add **tomatoes**, **peppers**, **half the green onions** and **½ tbsp oil** (dbl for 4 ppl) to the medium bowl with **avocados**. Season with **salt** and **pepper**, then stir to combine.



6 Finish and serve

Divide **spring mix** between bowls. Top with **beef** and **avocado salsa**. Drizzle **creamy lime dressing** over top, then sprinkle with **cheddar** and **remaining green onions**.

Dinner Solved!