



Carb Smart Beef Taco Salad Bowls

with Pico de Gallo and Creamy Lime Dressing

Carb Smart Optional Spice Quick 25 Minutes



- Ground Beef
- Guacamole
- Roma Tomato
- Lime
- Green Onion
- Sweet Bell Pepper
- Sour Cream
- Enchilada Spice Blend
- Cheddar Cheese, shredded
- Spring Mix
- Chipotle Powder

HELLO MEXICAN SEASONING
Smoky, sweet and spicy combined for the perfect Tex-Mex flavour!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 2:

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Guacamole	3 tbsp	6 tbsp
Roma Tomato	80 g	160 g
Lime	1	2
Green Onion	1	2
Sweet Bell Pepper	160 g	320 g
Sour Cream	3 tbsp	6 tbsp
Enchilada Spice Blend	1 tbsp	2 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Spring Mix	113 g	227 g
Chipotle Powder 🌶️	¼ tsp	¼ 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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Prep

- Core, then cut **pepper** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onion**.
- Zest, then juice **lime**.



Make creamy lime dressing

- Add **sour cream, lime zest** and **1 ½ tbsp water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then whisk until smooth.



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 **Enchilada Spice Blend** and **¼ tsp chipotle powder**. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 30 sec.
- Using a slotted spoon, transfer **beef** to a medium bowl. Season with **salt** and **pepper**, to taste, then stir to combine.



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.



Make pico de gallo

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



Finish and serve

- Divide **dressed greens** between bowls. Top with **beef, pico de gallo** and **guacamole**.
- Drizzle **creamy lime dressing** over top, then sprinkle with **cheddar** and **remaining green onions**.

Dinner Solved!