

Carb Smart Beef Taco Salad Bowls

with Pico de Gallo and Creamy Lime Dressing

Carb Smart

Optional Spice

Quick

25 Minutes













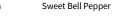


Roma Tomato





Green Onion





Sour Cream



Blend

Enchilada Spice



Cheddar Cheese, shredded



Spring Mix



Chipotle Powder



Start here

Before starting, wash and dry all produce.

Heat Guide for Step 2:

- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Spicy: 1/2 tsp Extra-spicy: 1 tsp

Bust out

2 Medium bowls, 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	⅓ cup	½ cup
Spring Mix	113 g	227 g
Chipotle Powder 🥒	1/4 tsp	1/4 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.



Prep

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



Cook beef

- · Heat a large non-stick pan over mediumhigh 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 1/4 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.



Make pico de gallo

 Meanwhile, add tomatoes, peppers, half the lime juice, half the green onions and 1/2 tbsp oil (dbl for 4 ppl) to another medium bowl. Season with salt and pepper, then stir to combine.



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.



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.



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!

Contact