



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
- Medium: ¼ tsp
- Spicy: ½ 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	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.

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1



Prep

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

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 **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.

3



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 another medium bowl. Season with **salt** and **pepper**, then stir to combine.

4



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.

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.

6



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!