



Carb Smart Beef Taco Salad Bowls

with Pico de Gallo and Creamy Lemon Dressing

Smart Meal

20 Minutes



Chorizo Sausage, uncased
250 g | 500 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca



Ground Beef
250 g | 500 g



Baby Spinach
113 g | 227 g



Green Bell Pepper
1 | 2



Tomato
1 | 2



Guacamole
3 tbsp | 6 tbsp



Lemon
½ | 1



Green Onion
1 | 2



Cheddar Cheese, shredded
¼ cup | ½ cup



Sour Cream
3 tbsp | 6 tbsp



Chipotle Sauce
2 tbsp | 4 tbsp



Enchilada Spice Blend
1 tbsp | 2 tbsp

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.

Pantry items | Oil, salt, pepper

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

1



Prep

• Before starting, wash and dry all produce.

- Core, then cut **pepper** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).

2



Cook beef

🔄 Swap | **Chorizo Sausage**

- 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**. Cook, stirring often, until fragrant, 30 sec.
- Using a slotted spoon, transfer **beef** to a medium bowl.
- Add **chipotle sauce**. Season with **salt** and **pepper**, then stir to coat **beef**.

3



Make pico de gallo

- Meanwhile, add **tomatoes, peppers, half the lemon juice, half the green onions** and ½ **tbsp** (1 **tbsp**) **oil** to another medium bowl.
- Season with **salt** and **pepper**, then stir to combine.

4



Make creamy lemon dressing

- Add **sour cream, lemon zest** and 1 ½ **tbsp** (3 **tbsp**) **water** to a small bowl.
- Season with **salt** and **pepper**, then whisk until smooth.

5



Dress spinach

- Add **remaining lemon juice** and 1 **tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach**, then toss to coat.

6



Finish and serve

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

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Cook chorizo

🔄 Swap | **Chorizo Sausage**

If you've opted to get **chorizo**, cook in the same way the recipe instructs you to cook the **beef****.

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.