



# Chorizo Taco Bowls

with Red Lentil Rice and Lime Crema

Discovery

35 Minutes



-  Chorizo Sausage, uncased
-  Basmati Rice
-  Tomato Salsa
-  Roma Tomato
-  Enchilada Spice Blend
-  Green Bell Pepper
-  Cheddar Cheese, shredded
-  Sour Cream
-  Lime
-  Cilantro
-  Red Lentils
-  Tex-Mex Paste



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HELLO LENTILS

High in fibre, low in carbs and perfect for bulking up a bowl!

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, strainer, zester, medium pot, small bowl, measuring cups, large non-stick pan

### Ingredients

	2 Person	4 Person
Chorizo Sausage, uncased	250 g	500 g
Basmati Rice	¾ cup	1 ½ cups
Tomato Salsa	½ cup	1 cup
Roma Tomato	80 g	160 g
Enchilada Spice Blend	1 tbsp	2 tbsp
Green Bell Pepper	200 g	400 g
Cheddar Cheese, shredded	½ cup	1 cup
Sour Cream	3 tbsp	6 tbsp
Lime	½	1
Cilantro	7 g	14 g
Red Lentils	½ cup	1 cup
Tex-Mex Paste	1 tbsp	2 tbsp
Sugar*	⅛ 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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### Start lentil rice

- Heat a medium pot over medium-high heat.
- While the pot heats, using a strainer, rinse **lentils**, then drain well.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), **rice**, **Enchilada Spice Blend** and **half the Tex-Mex paste**. Cook, stirring constantly, until fragrant, 30 sec-1 min.
- Add **salsa**, **lentils**, **½ tsp salt** (dbl for 4 ppl) and **1 ¾ cups water** (3 cups for 4 ppl). Season with **pepper**. Bring to a boil over high.



### Cook chorizo

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chorizo**. Cook, breaking up **chorizo** into smaller pieces, until no pink remains, 4-5 min. \*\* Season with **salt** and **pepper**.



### Finish lentil rice

- Once boiling, reduce heat to low. Cover and cook until **rice and lentils** are tender and liquid is absorbed, 14-16 min. Remove the pot from heat. Set aside, still covered. (**NOTE:** Rice will be a bit starchy from the lentils.)



### Cook peppers

- Add **peppers** to the pan with **chorizo**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Add **2 tbsp water** (dbl for 4 ppl) and **remaining Tex-Mex paste**. Cook, stirring often, until fragrant and **peppers** are tender-crisp, 1 min.



### Prep and make lime crema

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Cut **tomato** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Zest, then juice **half the lime** (whole lime for 4 ppl).
- Add **sour cream**, **½ tsp lime zest**, **½ tsp lime juice** and **⅛ tsp sugar** (dbl all for 4 ppl) to small bowl. Season with **salt** and **pepper**, to taste, then stir to combine. Set aside.
- Add **tomatoes** and **remaining lime juice** to a medium bowl. Toss to coat.



### Finish and serve

- Add **half the cilantro** to the pot with **lentil rice**, then fluff with a fork to combine.
- Divide **lentil rice** between bowls. Top with **chorizo and peppers**, then **tomatoes**.
- Dollop **lime crema** over top.
- Sprinkle with **cheese** and **remaining cilantro**.

## Dinner Solved!