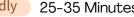


Fajita-Style Beef Bowls

with Basmati Rice and Lime Crema

Monthly Special Family Friendly 25-35 Minutes





HELLO FAJITA BOWL This twist on a Tex-Mex classic is going to be the ultimate family crowd-pleaser!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Yellow Onion	56 g	113 g
Mexican Seasoning	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Green Onion	2	2
Sweet Bell Pepper	160 g	320 g
Roma Tomato	80 g	160 g
Monterey Jack Cheese, shredded	½ cup	1 cup
Garlic Salt	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Lime	1	1
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.

 Add 1 ¼ cups water and ¼ tsp salt (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil.

Cook rice

1

• Once boiling, add rice, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.

• Remove the pot from heat. Set aside, still covered.



Prep

• Meanwhile, core, then cut pepper into ¹/₂-inch pieces.

• Peel, then cut half the onion into 1/2-inch pieces (whole onion for 4 ppl).

- Cut tomato into 1/2-inch pieces.
- Thinly slice green onions.

 Zest, then juice half the lime (whole lime for 4 ppl). Cut any remaining lime into wedges.

• Add 1/4 tsp lime zest, 1 tsp lime juice (dbl both for 4 ppl) and **sour cream** to a small bowl. Season with salt and pepper, then stir to combine. Set aside.



Cook beef

• Heat a large non-stick pan over mediumhigh heat.

• When hot, add 1/2 tbsp oil (dbl for 4 ppl), then beef. Cook, breaking up beef into smaller pieces, until no pink remains, 4-5 min.**

- Carefully drain and discard excess fat.
- Add Mexican Seasoning, half the garlic salt and 2 tbsp water (dbl for 4 ppl). Cook, stirring often, until fragrant, 1 min.
- Transfer **beef** to a large bowl, then cover with foil to keep warm.



Cook peppers and onions

- Heat the same pan over medium-high.
- When hot, add 1 tbsp oil (dbl for 4 ppl), then peppers, onions and remaining garlic salt. Cook, stirring often, until peppers are tendercrisp, 3-4 min.
- Remove the pan from heat, then transfer peppers and onions to a medium bowl.



Assemble fajita rice

- Fluff rice with a fork, then season with salt.
- Heat the same pan over medium-high.
- When hot, add 1 tbsp oil (dbl for 4 ppl), then rice. Cook, stirring occasionally, until liquid is absorbed and **rice** starts to brown, 1-2 min.
- Add green onions and pepper and onions. Season with salt and pepper. Stir until warmed through, 1-2 min.



Finish and serve

- Divide fajita rice mixture between bowls. Top with **beef** and **tomatoes**.
- Sprinkle cheese over top.
- Dollop with lime crema.
- Squeeze a lime wedge over top, if desired.

Dinner Solved!

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